OLYMPIC OFFICIALS WAVE WHITE FLAG, PG 5

Celebrity Buzz

Tiger returns to rehab
pg 22

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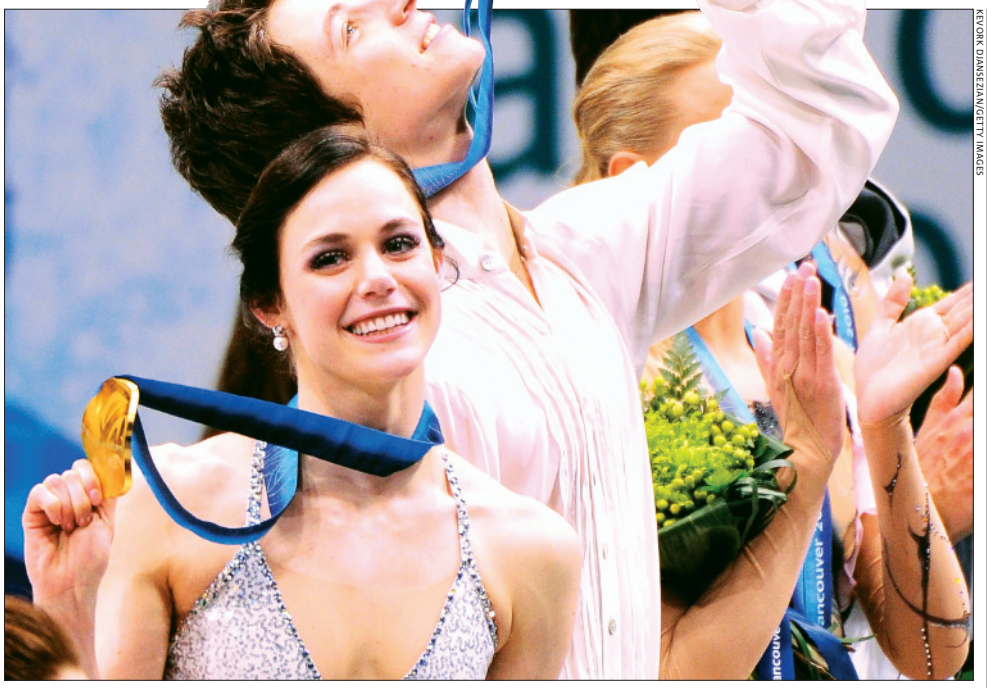

KEVORK DJANSEZIAN/GETTY IMAGES

Tessa Virtue and Scott Moir of Canada pose with their gold medal last night after they won the ice dance competition on Day 11 of the 2010 Vancouver Winter Olympics at Pacific Coliseum.

Golden dance

Virtue, Moir youngest ice dance team to win gold in Games

KRISTEN THOMPSON
kristen.thompson@metronews.ca

VANCOUVER 2010 Games

The Olympic rings at Coal Harbour turned gold again last night as Canadian ice dancing stars Tessa Virtue and Scott Moir won the first gold medal ever awarded to a North American team.

The pair, who have been skating together since they were in elementary school, are also the youngest ice dance team to ever stand at the top of an Olympic podium.

Virtue and Moir were favoured to medal and were vying for top spot with the top-ranked American skaters, Meryl Davis and Charlie White, who came in second.

The four athletes are close friends, train out of the same rink in Michigan and share the same coaches, Marina Zoueva and Igor Shpilband.

Davis and White skated first and nabbed a score of 215.74.

But Virtue and Moir followed up with a near-perfect performance to Mahler's Symphony No. 15, and received a combined ice score of 221.57, just six points off the world record of 227.81 and good enough for a gold.

As opposed to most events, the medals were awarded on the spot and a clearly ecstatic Moir belted out the national anthem as it played at Pacific Coliseum to a cheering hometown crowd.

"I had tears streaming down my face, I'm very proud of them," Moir's aunt, Carol Moir, told CTV from Moir's hometown of Ilderton, Ont. "It's unbelievable for the community."

Russians Oksana Domnina and Maxim Shabalin got the bronze medal while defending silver medallists, Tanith Belbin and Ben Agosto, came in fourth.

Canada's other ice dance team, Vanessa Crone and Paul Poirier, finished 14th.

Day 12 offers ski cross, hockey, figure skating

VANCOUVER 2010 Games

WATCH Canada has two chances at redemption on Day 12 when our ski cross and ice hockey teams try to rebound after a not-so-super Sunday.

Ashleigh McIvor races in ski cross at 2 p.m., two days after Chris Del Bosco fell out of the podium in the men's final.

At 4:30 p.m. the Canadian men's hockey team plays Germany for the right to face Russia in the quarterfinals. Vancouver Canucks goalie Roberto Luongo will start.

Also at 4:30 p.m., figure skater Joannie Rochette is set to compete in the women's short program. This will be an emotional attempt as the Quebec skater's mother died of a heart attack on Sunday at age 55.

GREG DOWNS/ FOR METRO VANCOUVER

News on the Move

What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 3

Vancouver Games

Follow Metro as we bring you daily coverage throughout the 2010 Winter Olympics in Vancouver.

- **Today — Luongo given start in Team Canada's do-or-die game against Germany, page 12**

On the web

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7PM

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Andy goes Spandy for the Games

STIG NIELSEN
for Metro Vancouver

There are dozens of buskers working downtown Vancouver streets during the Olympics. Meet Andy Rimer, aka Spandy Andy, originally from Red Deer, Alta.

Q Who are you?

A My name is Spandy Andy, 'cause I'm Andy and I wear spandex. I do a lot of mime and moon walking and elusionary-style dance ... (That's when) you control a part of your body differently than you would regularly see.

Q What's business like?

A During the Olympics it's been an average of $300 to $400 per show and I usually do that in two or three hours. If I go all day ... I make like $700. If it's not the Olympics, I make $40 to $100.

Q How did you start?

A I became a busker because one year ago I used to work for IBM — I finished college, got a great job ... (then) decided I didn't want to do this nine-to-five.

Q Of all the other buskers, who's your favourite?

A We all hang out together. Flying Bob was my mentor and he is in town for the Olympics. The Silver Elvis is amazing. He inspires me a lot. At the busking party (Saturday) ... you know how the superstar comes last? Well, then he just busted it out on the dance floor.

STIG NIELSEN/FOR METRO VANCOUVER

Spandy Andy

News in brief

UNITY A new poll suggests 77 per cent of Canadians believe the Olympics are doing a lot to unite the country. The Harris-Decima survey conducted last weekend also found that 60 per cent believe the Olympics will be remembered as one of Canada's greatest achievements.

METRO NEWS SERVICES

metronews.ca
WHAT'S ONLINE TODAY

Video Former Canadian hostage Amanda Lindhout shows sympathy for her captors in first speech since she was freed at **metronews.ca/canada**

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Photo of the day **Jam session**

ADAM KRZYZANOWSKI

Danny Echo plays an impromptu gig on the streets of Yaletown after a group of street hockey players started singing upon seeing his guitar. Until March 1, Metro will publish a Photo of the Day submitted by a reader or member of the Metro-Blenz News Squad. Send submissions to vancouverletters@metronews.ca.

Off-duty driver saves passengers as bus driver dies at the wheel

KRISTEN THOMPSON
kristen.thompson@metronews.ca

TRAGEDY An off-duty bus driver on a VANOC shuttle is being credited with saving the lives of his fellow passengers for grabbing the wheel when the driver suddenly died in his seat.

The shuttle was transporting five other Olympic bus drivers to work in Vancouver along Highway 1 at around 4 a.m. yesterday, when the elderly driver had a heart attack en route.

One of the passengers grabbed the wheel and brought the vehicle to a stop in the high-occupancy vehicle lane, said Renée Smith-Valade, vice-president of communications with VANOC.

"(The off-duty) driver ... demonstrated a remarkable commitment to the safety of others and was able to pull the vehicle over safely," she said.

The identity of the driver and the man who stopped the bus have not been released.

Businesses booming; blogger has brush with billionaire

ONLINE The Olympics continue to light up Vancouver. Experience it through Metro-Blenz bloggers at metroblenznewssquad.com

• In a brief conversation with Sir Richard Branson, I discussed with him the Little Hugs Big Hearts Foundation that I am part of — an organization that raises funds for Canuck Place Hospice. He not only listened carefully, he wanted to hear more about it. He is a true gentleman.

—Akash Sablok

• Businesses located near Olympic venues are doing exceptionally well, George Hunter, CEO of Small Business B.C., tells blogger Cybele Negris. "Those that are carrying official merchandise or using the spirit of Olympics to promote and market are seeing a benefit."

—Cybele Negris

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Canada-U.S. game breaks TV viewership record

A new TV-watching record was broken Sunday when 10.6 million people tuned in to watch Canada face off against the U.S. in hockey. The ratings number made it the highest audience for a sports program in Canadian history, according to the Olympic Broadcast Media Consortium. METRO VANCOUVER

Regrouping for busy transit

BeatTheTraffic

I think we're all well aware of the road closures and details on lane closures and restriction around Metro Vancouver. Let's re-group a little here on transit and what to expect on busy Olympic afternoons and evenings.

If you are taking SkyTrain downtown, especially for events at Canada Hockey Place (GM Place) or B.C. Place, get off at the Main Street Station, as opposed to the Stadium Station. The Crowds are so heavy in and around Stadium Station that Main Street being just a short walk from everything, is just a better choice and you'll help alleviate the chaos at Stadium.

Think ahead and pre-buy your tickets! Everyone seems to want to leave Vancouver at the same time, and the lineups at the ticket-vending machines can sometimes be longer than the wait for the actual transportation service itself.

"Pre-buy your tickets! ... The lineups at the ticket-vending machines can sometimes be longer than the wait for the actual transportation service."

If you are travelling with a backpack during peak times, take it off your back and hold it. Not only will that conserve space, but it will save you bumping the people around you every time you move.

Most importantly, passengers need to expect the unexpected and allow at least an hour's transportation time to and from your destination. This past weekend was the busiest yet, and we'll likely see it get even busier with some major games in men's and women's hockey and curling quarter- and semi-finals taking place this week.

Watch Michel weekday mornings on Breakfast Television and her nightly Traffic Forecasts on Citytv, cable 13.

Signs set for late night riders

TRANSIT Signage to help late night transit riders with their trips home was expected to be put up yesterday at all SkyTrain and Canada Line stations, according to TransLink officials.

The move was necessitated by the large number of transit riders stuck downtown because they don't know at what time the SkyTrain closes.

Along with the new directions, transit officials are also reminding the public that night buses leaving from the intersection of Howe and Dunsmuir streets will be running until 4:30 a.m. and mirror both the Expo and Canada lines.

Regular service of buses and SkyTrain resumes at 5 a.m. every morning leaving only 30 minutes of down time each day until the end of the Olympics.

SEAN KOLENKO/ FOR METRO VANCOUVER

Daily service

- Only transit systems that have a double set of tracks, like New York City, can run 24 hours a day. A break in service is needed for maintenance.
- SkyTrain runs a longer daily service than the London Underground.

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#12	Will there be more than 46 Total Free Throw attempts?

Tuesday February 23	NEW YORK @ BOSTON (BKB)
PROP #	PROP
#16	Will there be more than 15 Total 3 Pointers made?
#17	Will BOSTON make more than 18 Free Throws?
#18	Will NEW YORK make more than 37 Field Goals?

Tuesday February 23	LOS ANGELES - L @ MEMPHIS
PROP #	PROP
#22	Will LOS ANGELES-L make more than 17 Free Throws?
#23	Will LOS ANGELES-L have more than nineteen 3 Pointer attempts?
#24	Will MEMPHIS have more than 84 Field Goal attempts?

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Prince of Pot out of luck for hockey pass

SEAN KOLENKO
for Metro Vancouver

VANCOUVER 2010 Games

While being royalty may have its advantages, even Vancouver's Prince of Pot couldn't get into the Molson Canadian Hockey House on Sunday to watch Canada do battle with the U.S.

"They (VANOC) just don't want the association," said Marc Emery about being denied access to the bustling venue. "They're worried about me being seen beside the athletes."

Emery and his wife, Jodie, were invited to the Hockey House by a CNN reporter who had been interviewing them during the Games. The reporter promised the couple media passes that Emery claims were revoked by VANOC.

Emery said he was later told it was a misunderstanding. He headed to the venue only to be turned down at the door because the Hockey House was full.

A spokesperson for Molson said that to be accredited for the Hockey House, requests should have been made months ago.

"We have our own accreditation policy here," said Marsha Mowers. "We are at capacity every night. We don't accept walkups and CNN was definitely not accredited for (Sunday) night."

A VANOC official said the organization has nothing to do with the administration at the Hockey House.

RCMP flag-bearer hopes to return to Haiti for visit

DREAMS A Haitian-Canadian Mountie who carried the flag at the Olympic opening ceremonies says he hopes to return to Haiti on a peacekeeping tour.

"I want to show them (Haitians) what you can become in Canada," said Const. Rodzor Jean-Baptiste.

He immigrated to Canada in 2003 with the dream of working for the RCMP and the notion that it wasn't possible. Three years later he was accepted as a recruit.

On Jan. 31 Jean-Baptiste was invited to be part of the Guard that would carry the flag into B.C. Place.

"My family still can't believe it," he said. "I kept thinking, my God, is it really me in Canada, carrying the flag, a Mountie. I wanted to cry."

Jean-Baptiste's wife was in Haiti visiting family when an earthquake laid the island barren on Jan. 12. She survived, but Jean-Baptiste's brother and aunt were killed. STIG NIELSEN/ FOR METRO VANCOUVER

Schoenborn not criminally responsible for children's killings: Judge

COURT A British Columbia father has been found not criminally responsible for the first-degree murders of his daughter and two sons in their Merritt home in April 2008.

Forty-one-year-old Allan Schoenborn twice swore at B.C. Supreme Court Judge Robert Powers as he read his ruling yesterday.

During his trial, Schoenborn's lawyer maintained his client suffered from a mental disorder when he killed 10-year-old Kaitlynne with a cleaver and then suffocated eight-year-old Max and five-year-old Cordon.

But the Crown maintained the murders were an act of revenge against the children's mother.

A forensic psychiatrist who twice interviewed Schoenborn told the trial that the man said he killed his children because he believed they were being sexually abused and he wanted to protect them.

There was no evidence in court to suggest that the children were, in fact, being abused. THE CANADIAN PRESS

News in brief

ALCOHOL Liquor stores in downtown Vancouver were open late again last night, after police asked them to close early on Saturday and Sunday to reduce the number of people drinking on the streets. METRO VANCOUVER

Winnipeg group seeks to stop smoking at soccer fields
A new outdoor smoking ban is looming at many soccer fields in Winnipeg. The Winnipeg Youth Soccer Association wants to forbid smokers from lighting up within 50 metres of any youth game. Association president Allastair Gillespie says parents and referees have complained about smelly smoke wafting onto the field. THE CANADIAN PRESS

Canada

Hackers use Games to lure victims

Cyber crooks and hackers have used interest in the 2010 Vancouver Olympics as bait to cause havoc and in some cases rip off unsuspecting web surfers, says a U.S. security expert. The warning comes days after an infected web video of the death of Georgian luger Nodar Kumaritashvili made the rounds on the Internet. Don Gray, of U.S.-based Solutionary, said the Games have become a playground for hackers primarily because of the overwhelming use of social media. THE CANADIAN PRESS

Embattled rights group gets new boss

POLITICS The Harper government has tabbed an international rights activist and former Quebec politician to head the troubled group Rights and Democracy.

Lawrence Cannon

Foreign Affairs Minister Lawrence Cannon says Gerard Latulippe — a former Quebec Liberal who ran for the Canadian Alliance federally in 2000 — is well qualified to take charge of the body.

The proposed appointment is aimed at easing months of turmoil and controversy at Rights and Democracy.

THE CANADIAN PRESS

Canada waves white flag

COC admits it can't catch U.S. in Olympic medal race

VANCOUVER 2010 **Games**

Canada won't own the podium at the Vancouver Games after all.

With seven days of competition remaining, the Canadian Olympic Committee raised the white flag yesterday on the host team's goal of finishing first overall in the medal count.

"We are going to be short of our goal," CEO Chris Rudge said at the team's daily news briefing.

Canada finished yesterday with 10 medals (5-4-1), in fifth place and far behind the Americans with 25. The Germans were second with 21 followed by Norway with 14 and Russia with 11.

"We'd be living in a fool's paradise if we said we were going to catch the Americans and win," Rudge said. "We're not throwing in the towel. You never do that when you are in the middle of a fight, but it's difficult. They are way out ahead at this point and it would be unrealistic to state that we are going to catch them."

It was like an elephant left the room when Rudge acknowledged Canada wasn't going to finish first at these Games. That atmosphere contrasted starkly with the previous day's tense briefing when defensive Canadian officials maintained Canada could still finish first overall.

RICHARD LAM/THE CANADIAN PRESS

Chris Rudge, CEO of the Canadian Olympic Committee, said Canada is raising the white flag. Rudge acknowledged yesterday it's unrealistic to believe Canada can catch up to the U.S.

No. 2 OK for Buzz

- Canada's Olympic team, take note: the second man to walk on the moon says you don't always need to be first to be successful. Buzz Aldrin, one of many celebrities who has come to Vancouver to take in the Olympics, says too much emphasis is placed on being No. 1.

News in brief

WILLIAMS Newfoundland and Labrador Premier Danny Williams says he decided to go to the United States for heart surgery earlier this month based on the advice of his doctors. In an interview with The Canadian Press from his Florida condo, Williams says he had a "minimally invasive" surgery in Miami that was not offered to him in Canada.

RCMP Liberal members of a disbanded Senate committee have taken the unusual step of releasing a position paper while Parliament is shut down, recommending sweeping changes to the embattled RCMP. THE CANADIAN PRESS

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SCANLIFE

A shadow may be cast on Canada's G8 summit hosting after report blasts "systemic erosion" of gender equality. Scan this code for the story.

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Comment

There's no comparison

Harper, Brown in different leagues when it comes to bullying

NationalReport
Lawrence Martin

metronews.ca/nationalreport

British Prime Minister Gordon Brown treated staff so harshly, it is revealed, that some of them contacted the National Bullying Helpline for assistance in dealing with him.

The revelation follows publication of a book revealing all sorts of tantrums by the prime minister — grabbing staffers by the lapels, pulling them out of chairs, punching walls. And we all thought Brown was a staid economist, duller than dishwater.

Now that the news is out, Brown's spinners, while denying some of the allegations, are trying to work the story in their favour. These outbursts show a tough-minded leader at work, his PR men say, so dedicated to solving the nation's problems that he is sometimes overcome by emotion.

The tactic — the humanizing of a robotic leader — might even work. Or the British might buy the take of opposition Conservatives — this shows Brown is an unstable bully unfit for high office.

The revelations from across the pond will likely be greeted with some relief in the office of Stephen Harper, a prime minister painted as somewhat of a bully himself. It's always comforting to have the focus moved to others, to have your own alleged faults be seen as commonplace.

Gordon Brown

Interviews with many who have worked in the Harper PMO reveal that he can be cold and severe and occasionally blow a gasket. But if the stories about Brown are true, it should be said that our prime minister isn't even in the same league. No staffers running to bully hotlines here.

Nor have we seen our PM get so irate that, à la Jean Chrétien in 1996, he grabs a protester by the throat and hurls him to the ground. Nor does he appear to have the short fuse of a Brian Mulroney, who would go into frequent rages, or John Diefenbaker, who was a towering inferno of megalomania.

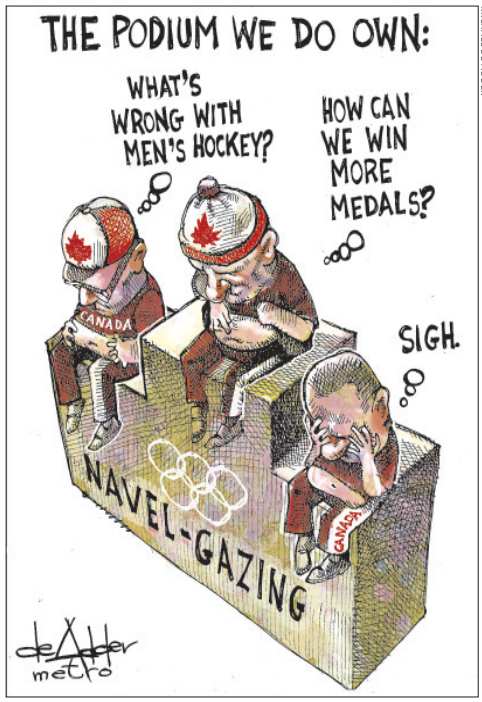
The issue with Harper is not whether he bullies staff. It's whether he bullies the system. It's whether his smearing of opponents, his inclination toward censorship and secrecy, his overcentralizing of powers have downgraded democracy to an unprecedented degree.

The latest allegation suggests that his operatives have violated access to information regulations by delaying or blocking the release of potentially embarrassing government documents. Before this, we saw stories of how his political team crushed a democratic challenge to the nomination of incumbent MP Rob Anders in Calgary.

Before this, literally dozens of other such examples.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

See metronews.ca for Georgie Binks' Modern Life column – Treat others as you would like to be treated



MICHAEL DE ADDER

We Know What You're Thinking

42% The number of Canadian employees who have suffered from vacation envy or feelings of jealousy when a co-worker or friend returns from vacation.

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Paris-to-London train breaks down 7

Eurostar has suffered yet another embarrassment after one of its trains broke down in southern England late last night, briefly stranding more than 700 people. THE ASSOCIATED PRESS

World

Mistaken NATO airstrike kills civilians

NATO jets mistakenly killed at least 21 people in central Afghanistan, officials said yesterday, the deadliest attack on civilians in six months. The strike prompted a sharp rebuke from the Afghan government as it struggles to win public backing for a major military offensive against the Taliban in the south.

Also yesterday, a suicide bomber detonated explosives at a community meeting in eastern Afghanistan, killing 15 civilians — including a prominent tribal leader widely criticized for failing to prevent Osama bin Laden's escape at Tora Bora after the Sept. 11, 2001 attacks.

The civilian deaths occurred as 15,000 NATO, U.S. and Afghan soldiers were in their 10th day of fighting insurgents in the southern town of Marjah. The mission is to rout the Taliban, set up a local government and rush in aid to win public support.

The alliance said its planes fired on what was thought to be a group of insurgents in Uruzgan province on their way to attack NATO and Afghan forces. Interior Ministry spokesman Zemeri Bashary said the airstrike hit three minibuses, which were travelling on a major road.

Although the airstrike was not related to the Marjah offensive, civilian casualties undermine NATO's goal of turning back the Taliban and winning the confidence of the Afghan people — one of the main objectives of the southern operation.

Afghan President Hamid Karzai has repeatedly called on NATO to do more to protect civilians during stepped-up military operations, and the Afghan Cabinet strongly condemned the airstrike.

THE ASSOCIATED PRESS

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SCANLIFE

Nicolas Sarkozy urges Mideast peace talks, warning of potential "catastrophe" in the region. Scan this code for the story.

Homeless say they are being evicted

Haiti Crisis

PORT-AU-PRINCE Homeless victims of Haiti's earthquake said yesterday that police are halting deliveries of food and water to try to force them to leave their camp on the grounds of the prime minister's office. Police have padlocked gates to the camp where about 2,500 homeless people live under bed sheets propped on sticks on the sloping hill leading to the office. Stinking garbage with swarms of flies is piling up and portable latrines are filled, camp residents complained. Witnesses said police beat 22-year-old Dalida Jeanty in the morning after she picked up a broom to sweep around her tent. "They called her and she did not come so they beat her," said her cousin, Alix Jeanty.

A police officer guarding the gate refused to give his name or to comment on the alleged beating or on accusations they have been turning away trucks carrying food and water for the past 10 days.

THE ASSOCIATED PRESS

News in brief

DRUGS Germany's oldest drug dealer is to go on trial today in the city of Wuppertal. The 85-year-old grandmother from the western city of Solingen has admitted to trafficking heroin in 2008 that she had purchased in the Netherlands, before passing them to her grandson. METRO WORLD NEWS

WASHINGTON An aide to Dick Cheney says the former U.S. vice-president is in George Washington Hospital after experiencing chest pains. Cheney's assistant, Peter Long, said in a statement last night that the 69-year-old Cheney was resting comfortably and his doctors were evaluating the situation. Cheney has a history of heart problems and uses a pacemaker.

THE ASSOCIATED PRESS

Bank chief executive turns down bonus

Lloyds Banking Group said yesterday that chief executive Eric Daniels has turned down his 2.3-million pound ($3.6-million US) bonus for 2009, becoming the fourth top U.K. banking executive to refuse his bonus. THE ASSOCIATED PRESS

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Toyota launches Canada-wide campaign

Toyota Canada acknowledged yesterday that it is "unusual" by industry standards to recall as many vehicles as it has, but officials hope to put a positive spin on the automaker's woes through a countrywide media blitz.

Beginning in Mississauga, Toyota Canada representatives will tour the country's major cities this week to demonstrate exactly what went wrong and what they've done to fix it.

In the process, they hope to convince consumers that much of the negative publicity that has tarnished the company's reputation stems from events in the U.S. and shouldn't concern Canadian consumers.

Toyota Canada recently recalled 3,300 Prius hybrids over inconsistent brake feel that stemmed from the unusual braking system found in hybrid vehicles. Some customers — including just three in Canada, according to Toyota Canada managing director Stephen Beatty — complained it felt like the vehicle was accelerating when they hit the brakes on icy or potholed roads.

This was an illusion created by the switch between braking systems and wasn't dangerous. However, Toyota Canada issued the recall so it could implement a software fix and show customers that it was "exceptionally sensitive" to their concerns.

Toyota Canada says its main difficulty has been separating its parent company's problems in the U.S. market from what it describes as lesser problems north of the border.

The floor mat issue in the U.S., which has allegedly contributed to 34 U.S. fatalities since 2000, was not a problem in Canada because vehicles sold here use different floor mats.

Toyota Canada was also involved in a recall of 270,000 vehicles due to a sticky accelerator pedal. Toyota Canada said it has only received five customer complaints related to that problem and three related to the Prius braking issue.

Transport Canada has received 25 Prius complaints and 33 pedal-related complaints since 2005.

THE CANADIAN PRESS

Subpoena

- Toyota says it received a subpoena from a U.S. federal grand jury requesting documents related to unintended acceleration of its vehicles and the braking system of its Prius hybrid.

Nova Scotia, Watts sign energy deal

AGREEMENT A 20-year power purchase agreement has been signed between Nova Scotia Power and Watts Wind Energy Inc.

Under the deal, a 1.5-megawatt wind turbine will be installed at Watt Section, about 120 kilometers east of Halifax.

Watts says it has been measuring wind data at the site since October 2008 and plans to implement the project this year.

The company says it intends to own the entire project, but isn't ruling out selling it or partnering with another company, among other options.

The project will be partially financed with a mix of secured debt and equity capital.

Watts is a joint venture between Halifax-based Seaforth Engineering and Eon WindElectric, a Canadian wind farm installation and servicing firm with offices in Nova Scotia and Newfoundland and Labrador.

Nova Scotia Power is a wholly owned subsidiary of Emera Inc.

THE CANADIAN PRESS

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Yellow Pages buys online properties

PURCHASE Directory publisher Yellow Pages Group has purchased two online properties in separate deals.

The Montreal-based company has acquired Clear Sky Media Inc., owner of RedFlagDeals.com, PriceCanada.com and Scarlett Lounge. RedFlagDeals.com is a leading provider of online promotions and shopping tools for Canadians, with an estimated 2.2 million unique visitors per month. Yellow Pages Group will also buy the 411.ca brand and acquire an ownership interest in 411 Local Search Corp.

The directory company, which is the main operating business of Yellow Pages Income Fund, already owns Canada411.ca and YellowPages.ca — which are online versions of the company's directories.

THE CANADIAN PRESS

Mum on deal

- Yellow Pages didn't disclose the terms of either transaction.

Experts expect gas price rise

ENERGY PRICES History says gasoline prices will rise in the coming months. But fundamental market forces say they shouldn't, according to energy experts.

Energy adviser Roger McKnight of Oshawa, Ont.-based En-Pro International Inc. says he expects gasoline prices to peak near $1.08 to $1.12 a litre before the May 24 weekend.

Prices are currently just below $1 a litre at many gas stations in Greater Toronto.

But McKnight is not entirely happy with his own prediction: "There's no logic to it," he admits.

Fred Rozell, retail pricing director of Oil Price Information Service, agreed that traditional market forces don't point to a price increase.

"If you look at demand, it's just abysmal," he told Associated Press in New York. Yet he, too, predicts prices are heading higher.

Rozell said that rising demand for oil in China is pushing up the price of crude oil, the raw material for gasoline.

McKnight said that gasoline prices have risen from February through April for 24 of the last 26 years, but this year ought to be an exception.

Supply in North America is ample, with inventories above the five-year average, he said.

Refineries are running below 80 per cent capacity, so they could produce more if demand rises. But that's not happening, either.

"Right now, if you look at the demand numbers in the U.S. ... they're all down," McKnight said.

TORSTAR NEWS SERVICE

Supply and demand

- Usually, European refiners export gasoline to the U.S. northeast during the winter. But a strike at six of Total SA's French refineries and at six of its 31 fuel depots has restricted the flow, leading to some nervousness, and resulting in higher prices on futures markets. That impacts Canadian prices.
- The U.S. dollar is also strong, and since oil is priced in U.S. dollars, that firms up the price for Canadians paying with Canadian dollars.

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Learn how to scan the barcode with the instructions at the top of pg 3

Singapore **On tour**

WONG MAYE-E/THE ASSOCIATED PRESS

Tourists take photos yesterday of the financial district in Singapore. Singapore's 2010 budget will boost funding for job training and raise company fees on foreign workers in a bid to increase productivity and fuel growth by as much as 6.5 per cent this year.

Interest rates/Savings accounts (Please check bank websites as some rates require minimum account balance)

BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	SBIC	Scotia	TD
1.00%	0.75%	0.65%	1.20%	1.20%	1.00%	0.75%	1.20%	1.00%	0.75%

Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Protect yourself from rising rates

AlisonOnMoney

Run, run for your life! Straight to the bank. Quick, get that mortgage pre-approval. Dash to the nearest real estate office. Buy. Buy. Buy. Get into the housing market while the getting is good — and possible.

Whoa! Wait a minute.

Last week, federal Finance Minister Jim Flaherty put the squeeze on prospective homebuyers with new rules designed to let some air out of the real estate market. Of course, making it more difficult to qualify for a mortgage could cause a mini-stampede between now and April 19 when the rules come into effect.

After that date mortgage applicants have to meet the standards of a five-year fixed rate mortgage, even if they are applying for a lower variable rate. That means, on a $250,000 mortgage, you must qualify for roughly $250 more in monthly payments.

Nonetheless, don't rush off in a panic to buy before April 19. Instead armour yourself against the biggest threat to homeowners and buyers — rising interest rates.

Here's how to do it:

1 **Aim for a down payment of 20 per cent or more.** You won't have to pay for mortgage insurance, saving at least $5,000 on a $250,000 mortgage. You'll also have a smaller balance exposed to higher rates.

2 **Go for as short an amortization as possible.** Twenty-five years was the standard until 2006. Now 35 years is commonplace. The additional 10 years decreases your monthly payments by $200 on a $250,000 mortgage. But it increases your total interest payments by a whopping $91,000 over the life of the mortgage. The longer amortization period also makes you more vulnerable to interest rate increases.

3 **Plan to make lump sum payments** or select a biweekly schedule and reach the mortgage-free day much sooner.

4 **Get rid of non-essential credit** such as retail credit cards you may have applied for in order to get a price reduction or make a buy-now-pay-later purchase. And reduce or eliminate line of credit limits. This will improve your credit score making it easier to qualify under the new rules.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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INTERNET
BREAKING NEWS
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Get an inside look at elite security during The Games.
What does it take to protect world-famous athletes and celebrities? Go behind the scenes to find out what the elite security teams are watching out for, and how they react to threats.
Know more. Know now.
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Tonight at 5, 5:30 & 6 pm
and Late Night following The National
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Iverson leaves team to be with ill daughter

Philadelphia 76ers guard Allen Iverson has left the team and is out indefinitely to spend time with his ill daughter. Iverson will miss at least the remaining three games of Philadelphia's road trip. THE ASSOCIATED PRESS

Sports

Tomlinson cut by Chargers

LaDainian Tomlinson, left, was released yesterday by the San Diego Chargers, ending a brilliant nine-year run in which he became one of the NFL's greatest running backs. The move had been expected for some time. Tomlinson, who turned 30 last summer, was injured early in the 2009 season and finished with 730 yards on 223 carries for an average of 3.3 yards per carry, all career lows. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

DARREN CALABRESE/THE CANADIAN PRESS

Toronto Blue Jays manager Cito Gaston, centre, watches pitchers throw off the mound as pitchers and catchers work out at the Blue Jays' spring training baseball facility in Dunedin, Fla.

Pitchers by the dozen, but who's No. 1?

Big questions for Blue Jays

Toronto Blue Jays manager Cito Gaston surveyed the field yesterday, as Blue Jays pitchers and catchers began their first official spring training workout

"We've got so many pitchers here we need names on their back," he said.

There are 37 of them, including 10 non-roster players invited to training camp and two on the disabled list.

"It's going to take a while to get to know them," Gaston said.

But the impact player may be the one who isn't here: Roy Halladay.

Toronto's former ace was traded to Philadelphia after last season for three minor leaguers — catcher Travis d'Arnaud, first baseman Brett Wallace and pitcher Kyle Drabek, son of 13-year veteran pitcher and 1990 National League Cy Young Award winner Doug Drabek. None is expected to make the Blue Jays' roster this season.

The principal candidates for the No. 1 spot in the rotation are left-hander Ricky Romero, 13-9 as a rookie last year, and right-hander Shaun Marcum, 24-17 in four seasons before sitting out 2009 following shoulder surgery.

"Who's my No. 1? Who's my No. 2?" Gaston said. "You talk about two guys. We hope their arms are OK but you don't know until they start pitching in competition."

One benefit, so to speak, of Halladay's departure is added flexibility with the starters.

"We don't have Doc anymore," Gaston said. "We had to keep him on his rotation (starting every fifth day). That's the way Doc wanted it.

"You don't really have to do it with these guys. So guys won't pitch as many innings. We'll just bag 'em up and keep going. If it's Ricky's turn to pitch and Marcum's pitching better, then we'll start Marcum."

Gaston said Brian Tallet and Brandon Morrow deserve a shot at a spot in the rotation. Each split last season as a starter and reliever.

THE CANADIAN PRESS

Nash takes break to rest back

NBA Victoria's Steve Nash didn't make the Phoenix Suns' trip to Oklahoma City in order to rest his sore lower back and abdomen. The two-time league MVP has been bothered by the pain in recent games, so coach Alvin Gentry said it was an easy decision to keep Nash out of Tuesday night's game against the Thunder.

Steve Nash

Otherwise, Gentry said, the Suns risk losing Nash for a more extended period of time.

Gentry says Nash played with a lot of pain in Phoenix's 104-88 home win over Sacramento on Sunday night, although the 36-year-old point guard did have 17 assists.

It will be the first game Nash has missed this season.

THE ASSOCIATED PRESS

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And then there were none

CFL They have a new owner, a new coach and a handful of new players, but there is something the Toronto Argonauts are missing two weeks into their robust rebuilding spree: A quarterback.

The CFL team announced yesterday it has released little-used reserve Stephen Reaves, completing a trifecta of cuts that has left Toronto without a single quarterback on its roster. The Argos released starter Kerry Joseph and backup Cody Pickett in a separate move Sunday.

It is the latest in a string of dramatic moves aimed at reshaping a team that finished with a league-worst 3-15 record last season. The Argos missed the playoffs for the second straight year, and struggled to find any measure of consistency from the quarterback position.

DAVID COOPER/TORSTAR NEWS SERVICE FILE PHOTO

Toronto announced the release of reserve quarterback Stephen Reaves yesterday.

Toronto acquired Joseph in a trade with Saskatchewan two years ago, after watching him lead the Roughriders to a Grey Cup win at Rogers Centre. THE CANADIAN PRESS

English golfers make their mark

GOLF Ten years ago this week, England had only two golfers among the top 100 in the world.

It doesn't take long to find them now.

Lee Westwood, who won the European Tour money title a year ago, remained at No. 4 in the world. Ian Poulter moved up to No. 5 in the ranking published yesterday because of his Match Play Championship victory over Paul Casey, who is No. 6.

And they have plenty of company right behind them.

"I just think that there's been a lot of great talent in England for such a long time," Poulter said. "And it's so nice to see guys actually deliver on the golf course. We've been waiting for a long time."

Consider the inaugural Match Play Championship at La Costa Resort a dozen years ago. The only Englishmen in the 64-man field were Westwood and Nick Faldo, and neither lasted more than a day — Westwood because he never gets beyond the second round, Faldo because he was the No. 64 seed and played Tiger Woods.

England started with nine players at Dove Mountain and kept the flag flying all week.

The next step is to win a major, which no Englishman has done since Nick Faldo beat Greg Norman in the 1996 Masters.

"It's about time the guys that have put themselves in position — 4, 5 and 6 in the world, I guess — should step up to the plate and hopefully deliver on that," Poulter said.

Westwood has come close each of the last two years, missing putts on the 72nd hole in the U.S. Open at Torrey Pines and the British Open at Turnberry that would have put him in a playoff. Casey started the final round of the 2004 Masters only two shots behind, but couldn't keep pace with Phil Mickelson or Ernie Els on the last day.

THE ASSOCIATED PRESS

One more to catch

- England is not the new world power. That distinction still belongs to the United States, which offers 1-2-3 in Tiger Woods, Steve Stricker and Phil Mickelson, and which still has 12 players among the top 30. England is next with five.

Sports in brief

DELGADO Free-agent slugger Carlos Delgado says his latest hip surgery went well and he is looking forward to getting back onto the field. Delgado is quoted as saying in yesterday's edition of El Nuevo Dia newspaper that he wants to be "completely sure" that he's healthy and able to continue his comeback.

BASEBALL To Johnny Damon, the Detroit Tigers were the right team. "This is where I wanted to be," he said yesterday after completing his $8-million US, one-year contract. "I love it here and think I am a good fit."

SOCCER Ronaldo says he will retire after the 2011 season. The 33-year-old Brazilian striker extended his contract with Corinthians yesterday, and plans to play two more seasons before putting an end to a career of more than 17 years.

NHL Toronto Maple Leafs general manager Brian Burke says an alleged altercation involving injured forward Mikhail Grabovski appears to be minor. TSN reported that Grabovski was taken into custody Friday night following an altercation in a Vancouver bar. Grabovski, sidelined since January by a broken wrist, was in the city as part of the Belarus hockey team.

METRO NEWS SERVICES

SCOREBOARD

NBA

YESTERDAY'S RESULTS
Chicago at Washington
Milwaukee at New York
Indiana at Dallas
Atlanta at Utah
Charlotte at L.A. Clippers

TODAY'S GAMES
New Orleans at Cleveland
New York at Boston
Minnesota at Miami
Portland at New Jersey
L.A. Lakers at Memphis
Phoenix at Oklahoma City
Detroit at Sacramento
Philadelphia at Golden State

Ski jump gold for Austria
Austria won the gold medal in the Olympic team ski jump yesterday. Led by 20-year-old Gregor Schlierenzauer's 146.5-metre jump, Austria defended its title from the 2006 Turin Games with 1,107.9 points. THE ASSOCIATED PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

What to watch today

TVHighlights

9 a.m.: Women's curling
Canada vs. Britain (Sportsnet).
2:15 p.m.: Men's curling
China vs. Canada (TSN).
4:30 p.m.: Men's hockey
Canada vs. Germany (CTV).
7 p.m.: Women's curling Canada vs. Russia (Sportsnet).
TIMES MAY CHANGE

VANCOUVER GAMES

MedalCount

NATION				TOTAL
U.S.	7	8	10	25
Germany	7	9	5	21
Norway	6	3	5	14
Canada	5	4	1	10
Switzerland	5	0	2	7
South Korea	4	4	1	9
Austria	3	3	3	9
Sweden	3	2	2	7
China	3	1	1	5
Netherlands	3	1	1	5
Russia	2	3	6	11
France	2	2	4	8
Slovakia	1	1	1	3
Czech Republic	1	0	2	3
Australia	1	1	0	2

On the web

- Up-to-date medal standings and results
- Complete day-by-day event schedule
- Metro-Blenz News Squad on-the-ground blog

Visit metronews.ca for more Games coverage.

Canada vs. U.S. a go for final

JEFF HODSON
jeff.hodson@metronews.ca

Canada's women's hockey team will take on the U.S. in a rematch of the 1998 and 2002 gold medal games on Thursday after both countries cruised to easy victories yesterday at Canada Hockey Place.

Canada beat Finland 5-0 yesterday, while the U.S. took a measure of revenge on Sweden — the team that upset them in the semifinals in Turin in 2006 — trouncing them 9-1.

Canada is the defending champion from Salt Lake City and Turin and it is the third time that the two teams have met in the final since women's hockey was included in the Olympics in 1998.

"It's something that people love to watch and we love to play in," said Canadian forward Jayna Hefford, of the upcoming battle with the Americans.

"It's going to be a battle all night ... (People are) going to see the best women's teams that have ever been on the ice," she predicted.

Yesterday, Canada opened the scoring about five minutes into the first period against Finland when Cherie Piper slammed home a backhand feed in the slot from Meghan Agosta.

Haley Irwin added a second later in the period when she poked in a loose puck past Finland goalie Noora Raty.

The Finnish goaltender was outstanding, stopping 45 of the 50 shots she faced and keeping the Finns in the contest until about the 17 minute mark of the second period, when Agosta snagged a rebound and put the puck top shelf.

Irwin added her second goal of the game in the third, while Caroline Ouellette added Canada's fifth with a minute left in the same frame.

JENNIFER GAUTHIER/FOR METRO VANCOUVER

Canada's Marie-Philip Poulin, left, jumps into her teammate's arms in the third period of yesterday's game.

Martin keeps perfect record

CURLING The "Michael Jordan of curling" didn't bring his A or even his B game to the Olympics yesterday but Kevin Martin's Canadian rink was still good enough to easily defeat the United States to run its record to 8-0.

Canada gave up a rare steal in the first end and finally took control in the fourth end but at one point Martin was curling a paltry 38 per cent efficiency while third John Morris was even worse off at 13 per cent.

"Ooh, lucky number 13," chuckled Morris after Canada rebounded to beat John Shuster's team 7-2.

"Yeah, a little sloppy. I don't think it was our best first five ends, but when you have round-robin first place wrapped up at this stage, I think that's sometimes expected."

After the game, Shuster anointed Martin "the Michael Jordan of curling."
THE CANADIAN PRESS

Women's action

- Canada's Cheryl Bernard clinched a spot in the women's curling playoff round with a 6-2 pounding of defending Olympic gold medallist Anette Norberg of Sweden yesterday. With another round-robin victory, Bernard can clinch the No. 1 seed in the tournament.

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No medal for Canada in men's cross-country sprint

Canada just missed the podium in the men's cross-country sprint at the Winter Olympics yesterday as Alex Harvey of St-Ferreol-les-Neiges, Que., and Devon Kershaw of Sudbury, finished fourth. It is the best-ever Olympic cross-country result for Canadian men. THE CANADIAN PRESS

Vancouver Games

Rochette's tragedy not unique

Joannie Rochette must be emotionally drained in the wake of her mother Therese's death. The tragic news comes on the eve of the most important competition of the young skater's life.

But Rochette should take heart because she is not alone. The country mourns with her and supports her agonizing decision to leave the Olympic city or remain to take part in the Games.

There is more than one precedent in Canadian history for this kind of occurrence at a critical time. Perhaps Rochette can draw some comfort and strength from those who have gone before her.

In 1992, one week before the Barcelona Olympics, medal-favoured synchronized swimmer Sylvie Frechette endured the suicide of her fiancé. Frechette chose to compete at the Games and won gold.

ROBERT SKINNER/THE CANADIAN PRESS

Canada's Joannie Rochette takes a break during figure skating practice yesterday.

Just two days prior to the 1998 Winter Olympics in Nagano, hockey player Danielle Goyette's father, Henri-Paul, died from complications associated with Alzheimer's disease. In her first game just three days later, Goyette scored three goals and added an assist as Canada began the tournament with a victory against Japan. The Canadians went on to win a silver medal.

Finally, and most recently, there is the case of swimmer Brent Hayden. The week before he competed at the world championships in Melbourne, his grandfather Perry Anderson died of old age in British Columbia.

"I visited him on his death bed before I left for Australia and promised I'd win the gold medal for him," Hayden recalled in Whistler.

"It was the last thing I thought about as I got up on the blocks and began my swim. I just remembered the promise I made him and didn't want to let him down. I didn't care how much it hurt I was going to deliver on my promise to him."

It ended up that Hayden made good by winning gold in the 100-metre freestyle and was true to his word.

It is a tragic set of circumstances and for Rochette, the timing could not be worse. But she has to know that there is a way to survive this.

She must have faith that she is not alone and that her mother is so very proud of her as she readies for her time on the great stage of the Olympic Games.

Scott Russell is the Host of CBC Sports Weekend seen Saturday afternoons. He has covered professional and amateur sports including nine Olympic games and numerous world championships.

Did hype hinder hopes of owning podium?

CONCERN How Canada's athletes managed the adrenalin rush of performing in front of their home fans will come under close scrutiny when the dust settles on the Vancouver Olympics.

In the wake of yesterday's concession that Canada will likely not reach its goal of winning more medals than any other country, the question was asked if athletes who failed to convert their podium potential were so stimulated by the unprecedented support in front of them that they over-reached.

The atmosphere at sport venues has been described as "unbelievable" and "over the top" by athletes, coaches and officials. THE CANADIAN PRESS

RYAN REMIORZ/THE CANADIAN PRESS

Team Canada's goaltender Roberto Luongo takes a break during yesterday's practice.

Luongo gets nod in do-or-die game

Team Canada is ready to sink or swim at the Olympics with Roberto Luongo in goal.

Coach Mike Babcock tabbed the Vancouver Canucks goaltender yesterday to take over from struggling veteran Martin Brodeur for as long as Canada can go at the 2010 Games.

It starts with a must-win game against Germany tonight. A victory would put Canada into a quarter-final tomorrow against powerful Russia.

"That's our plan — he has an opportunity here and he has to play well," said Babcock.

Luongo said he was told of the change after Canada was beaten 5-3 by the United States in their final preliminary round game Sunday night, when Brodeur allowed four goals on 22 shots while American goalie Ryan Miller was making 42 saves at the other end.

That gave the U.S. a bye into the quarter-finals, while Canada must first play its elimination game against Germany, a tight-checking underdog.

Luongo started Canada's first game of the Olympics, making 15 saves for the shutout in an easy 8-0 win over Norway, but then ceded the net to Brodeur, the NHL's all-time leader in wins and shutouts, for the next two games.

"It's going to be fun to play in front of the fans again," said Luongo. "It was a great experience in my first outing.

"I've played at world championships and world juniors and some playoffs, but this I'm really excited about," the Montreal native said. He will also be playing in the Canucks' home rink — GM Place, which was renamed Canada Hockey Place for the Games.

THE CANADIAN PRESS

Yzerman believes

• Steve Yzerman still believes in the 23 players representing Team Canada. The executive director of the men's Olympic hockey team thinks Canada has improved in each of its games and remains hopeful the trend will continue. Yzerman noted that he isn't surprised with the position the team finds itself in. The two-time Olympian says Canadian teams tend to start slowly at international hockey tournaments. He also said the quality of competition is much improved.

Ice dancers put on a brother-sister act

FIGURE SKATING Israeli ice dancer Roman Zaretsky knows exactly what people are thinking when they see him and his sister skating hand-in-hand or doing a seductive tango.

Double ick.

"The romance part, it's hard to show because it's programmed in your head this is your sister," he said. "So it's hard to act."

Anyone with a brother or sister knows there are times you don't even want to talk to them, let alone gaze into their eyes longingly and convince people you mean it.

For four of the 23 ice dance teams at the Vancouver Olympics, however, there's no choice.

Joining the Zaretskys — Roman and Alexandra — in last night's free dance are Britain's Sinead and John Kerr; Japan's Cathy and Chris Reed; and Germany's Christina and William Beier.

Brother-sister acts are nothing new in figure skating. French ice dancers Isabelle and Paul Duchesnay added the silver medal at the 1992 Albertville Games to the world title they had won a year earlier. American siblings Kitty and Peter Carruthers were silver medallists in pairs at the 1984 Olympics.

But when most fans think of pairs or dance, they like to imagine blissful love stories like 2002 Canadian pairs gold medallists Jamie Sale and David Pelletier or recent Vancouver pairs gold medallists Shen Xue and Zhao Hongbo.

THE ASSOCIATED PRESS

French team honours deceased curler

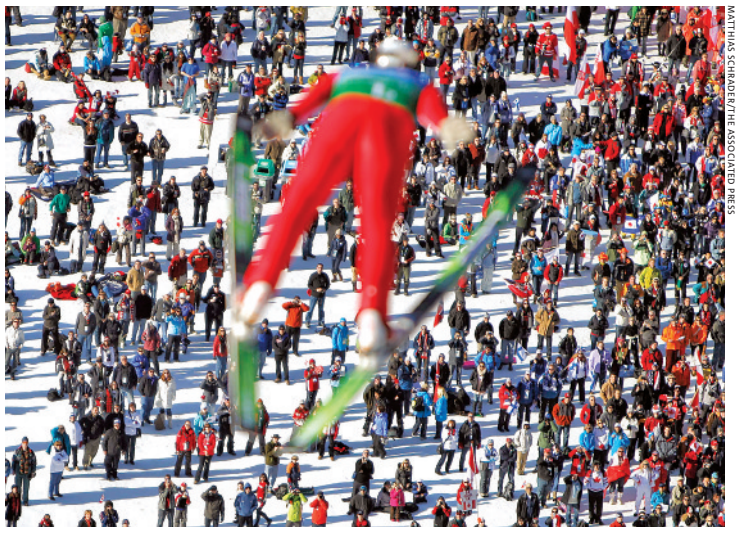
The French men wore black armbands during their round-robin match with Norway to commemorate the passing of curler Solene Coulot, who died on Friday. A cause of death for Coulot, who was just 20, has not been publicly released. THE CANADIAN PRESS

Vancouver Games

MATTHIAS SCHRADER/THE ASSOCIATED PRESS

IVAN SEKRETAREV/THE ASSOCIATED PRESS

KEVORK DJANSEZIAN/GETTY IMAGES



MATTHIAS SCHRADER/THE ASSOCIATED PRESS

Top: A jumper makes an attempt during the men's ski jumping team event at Whistler Olympic Park yesterday. Above: Spectators watch the event from the bottom of the hill. Above, far left: Japan's Mao Asada works on her skating routine during training yesterday. Above left: A family gathers behind plexiglass fencing surrounding the Olympic flame to take pictures of the cauldron.

HARRY HOW/GETTY IMAGES

CLIVE ROSE/GETTY IMAGES

Above: Team China huddles in a circle as they get set to play Slovakia during women's hockey yesterday at the UBC Thunderbird Arena. Left: Claudia Nystad and Evi Sachenbacher-Stehle of Germany celebrate winning the gold medal in the cross country skiing women's team sprint final.

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PEOPLE POWERED

Chinese women finish seventh

Wang Linuo scored twice to give China a 3-1 win over Slovakia yesterday, securing a seventh-place finish in the Olympic women's hockey tournament. THE CANADIAN PRESS

Vancouver Games

Best of both worlds

Games leave Whistler residents whistling with delight

Amidst all the Olympian-scale lineups that have become a fact of life at the 2010 Winter Games lies a delightful winter paradox.

The ski slopes at Whistler and Blackcomb mountains, symbolically at the very heart of these Winter Olympics, are open to the public, in pristine shape, and relatively free of recreational traffic.

Considering the four-hour waits for zip-line rides in Vancouver, hour-long stalls at Games venue security checkpoints and even lineups at street-meat vendors, it's an Olympic dream scenario that has Whistler locals raving.

Many say they have the best of all worlds: Olympic-sized crowds and customers at shops and restaurants, Olympic venues nearby and — best of all — casually vacant lifts and ski runs.

"Normally, February's madness here," said Darrell Roche, 32, who has lived and worked in Whistler for 12 years.

"The slopes are so busy, if you're a local you tend not to go up that often, or you go up early and call it early because it's so busy," Roche said as he headed for the gondola with his skis on his shoulder at a leisurely 10:30 a.m. yesterday.

"This year it's amazing. There's no one around (on the hills), the village is hopping: Perfect. Not to mention the skiing's been phenomenal."

A combination of factors has created a skier and snowboarder's paradise for those lucky enough to be on hand.

The 120-kilometre Vancouver-Whistler highway is blocked just above the midpoint at Squamish, shutting out drivers who don't have Whistler parking permits and slowing the influx of recreational skiers to a trickle.

> **"Normally, February's madness here."**
> Darrell Roche

All local hotels are virtually at capacity with Olympic fans and guests, squeezing out the usual ski crowd. And unfounded rumours also led many to believe the resort's ski slopes were essentially closed for the duration of the Games, when in fact 90 per cent are open.

Toss in sunshine, temperatures around zero and a 2.8-metre snow base and it's easy to understand why local skiers are grinning.

Stuart Rempel, Intrawest's senior vice-president of sales and marketing at Whistler Blackcomb, says the resort was actually expecting a great decline in ski traffic for the Games.

Whistler has been angling for an Olympics virtually since it was founded in the early 1960s by a group of businessmen inspired by the 1960 Squaw Valley Games. They hoped to open up Whistler for a bid for the 1968 Games, but it was not to come to pass for another 42 years.

The dream has always been to use the Olympic spotlight to sell Whistler to the world. Ironically, the Games finally arrived almost simultaneously with the threat of bankruptcy after Intrawest missed a final payment in December on a $1.4 billion loan.

However ownership of the resort ends up playing out, those half-empty slopes won't hurt creditors. The Vancouver Games organizing committee has agreed — as is usual for Olympic venues — to reimburse the private owners for lost business.

THE CANADIAN PRESS

Big-screen viewing for big-ticket events

TORONTO Consider it the ultimate in theatre sports.

For some Olympic fans far from the action, heading to the movie theatre has been the best way to catch the razor-sharp slalom turns or nail-biting hockey matches of the Vancouver Winter Games.

That was how Genessa Radke caught the opening ceremonies, women's freestyle skiing and last week's medal ceremony for Canadian moguls skier Alexandre Bilodeau.

The skiing fan gushed over a big-screen display that can reveal the slightest twitch on an athlete's face.

CHRIS YOUNG/THE CANADIAN PRESS

A movie goer watches Olympic coverage yesterday in Toronto.

"It was awesome, I'm so glad I came," Radke says of the times she's watched events unfold in a Toronto Cineplex theatre, one of 64 in the countrywide chain showing the Games.

"When Bilodeau was getting his gold medal you could see him tearing up. I saw recaps on my computer at home and you couldn't see that on a television. But you can on a 50-foot screen. ... Just seeing the emotion in the people's faces, it's awesome."

Pat Marshall of Cineplex Entertainment said Sunday's hockey game between Canada and the U.S. saw the most single-day ticket sales and that the opening ceremonies drew a full house in Toronto.

"We all stood up automatically for the national anthem during the opening ceremonies and we all stood up to show our support for the Georgian athlete who was killed during the Games," Marshall recalls, referring to luge slider Nodar Kumaritashvili.

Cineplex, which has mounted similar showings for NHL hockey games and live broadcasts from the New York Metropolitan Opera, would not give specific numbers but said "a great deal" of passports and single-day passes had been sold, with British Columbia and Ontario leading sales.

Passports offer unlimited access over 17 days of events and sell for $29.95, while single-day passes go for $9.95.

THE CANADIAN PRESS

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Medal not top issue for Canadians: Poll

GAMES Canada might not be owning the podium at the 2010 Winter Olympics, but it is taking ownership of the Games. A new poll suggests 77 per cent of Canadians believe the Olympics are doing a lot to unite the country.

60 Percent of Canadians polled by Harris-Decima who believe the Olympics will be remembered as one of Canada's greatest achievements.

The Harris-Decima survey conducted for The Canadian Press last weekend also found that 60 per cent believe the Olympics will be remembered as one of Canada's greatest achievements.

Canada currently sits at fourth place in the medal count and Olympic officials conceded yesterday that the goal of winning more medals than any other country won't pan out.

But data from another poll taken in the days before the Games suggests Canadians aren't pinning the success of the Olympics on bringing home the gold.

The majority of Canadians polled in that survey said a safe, on-budget and problem-free Games would be the top three factors they'd use to judge whether the Olympics were a success.

THE CANADIAN PRESS

Pants that are fit for a Scandinavian king

CURLING It's not exactly the Emperor's new clothes but the King of Norway is getting some fancy pants at the Vancouver Games.

The Norwegian team is giving a pair of its trademark eye-popping pants to King Harald, who is slated to be in the audience today for his country's final round-robin game at the Olympics. Norwegian skip Thomas Ulsrud talked to the King over the phone recently.

"I said what if the Norwegian curling team wanted to give you some curling pants? Would you accept them?" Ulsrud explained. "He said 'Sure, they're the coolest pants I've ever seen.'

"So just because we have some funny pants we get to hang out with the King or Norway and give him some pants and have some laughs with him that would be awesome."

The Loudmouth Golf Dixie pants feature red, white and blue diamonds and are the same brand made famous by pro golfer John Daly.

A Facebook page dedicated to "The Norwegian Olympic Curling Team's Pants" has more than 315,000 members.

"Of course we knew when we put on these pants it was going to attract some attention," Ulsrud said.

"We thought this could be good for curling in Norway but I would never dream that we would just hang out with the king and be wearing the same pants and could say — 'Hey you look cool, King.'"

The pants, which retail for $89.95 US are in short supply on the Internet but Ulsrud said he will make sure King Harald gets his own pair even if it comes from the players' personal supply.

THE CANADIAN PRESS

News in brief

WHISTLER Bobsled officials will alter the profile of several tricky curves on the super-fast Olympic track, hoping the changes will make for safer and better racing. After four-man sleds from Croatia and Latvia crashed during supplemental training yesterday, International officials postponed the remainder of the practice session. THE CANADIAN PRESS

SPECIAL FOCUS ON:
Sexual Health and Relationships

Health & Beauty

EDITOR: EMMA. YARDLEY@METRONEWS.CA

Distance makes the heart grow fonder

Or does it? Technology's role in long distance relationships

Maintaining a relationship when geography keeps you apart isn't easy.

Technology has certainly helped to bridge the gap. But while things like web cams and Skype, texting and email can literally keep you connected when school, work or even war separate you for long periods of time, these new technologies don't always make long-distance relationships easier.

In fact, sometimes they can even make things worse.

"One of the problems with email when you're in a long-distance relationships is that you can't express tone and it's easy to misread things," explains 32-year-old Lisa, who's boyfriend of two years is in Australia for a year for work.

"Emoticons help a bit, but there are limitations. Once in a while we deal with bigger emotional stuff by email, but we try to avoid it," she continues.

"It can be tempting to write things in email you wouldn't say to each other in person and, once it's in writing and you hit send, you can't take it back."

Texting can be great because you can send each other quick "hits" throughout the day just to let the other person know you're thinking about them. But, because technology has trained us to expect constant and immediate communication, if you don't get a returned text immediately, it's hard not to fill the empty space with doubt about why you haven't heard back.

In some cases, communicating more often can even push long-distance couples apart.

Gregory Guldner is the director of the Center for the Study of Long Distance Relationships in the U.S. He also spent four months as an emergency physician in Iraq.

In an article in Forbes magazine, he says that, in the military, for instance, tools like satellite phones have broken down some barriers that would have better been left standing.

"Technological communication can interfere with the separate worlds that people are trying to maintain," Guldner is quoted saying.

"When a soldier is pinned down in combat and his wife is at home trying to deal with a broken dishwasher, they can't really relate to one another."

And communication technology can only take "that long-distance feeling" so far.

Lisa and her boyfriend have regular video conferencing "dates."

But, says Lisa, "While it can be fun to watch a movie together on a Saturday night while we're both on web cam, sometimes, the experience just makes me miss being physically together even more."

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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METRO WORLD NEWS

Maya Fiennes went from concert halls to energizing charkas.

The key to Kundalini

YOGA A former classical pianist, Macedonian born Maya Fiennes took up yoga as a way to calming her nerves before performances. It then became the focal point of her career and she now has a celebrity following including Elle Macpherson and Jennifer Aniston.

Fiennes focuses on Kundalini Yoga, which uses the creative energy we have bursting inside of us. It also involves tantric energy, using sexuality as a vehicle to spirituality.

Far from what most people think, the tantric way of life isn't just about sexuality but more about achieving perfection and acceptance.

Fiennes differentiates between two types of energies related to sexuality in kundalini — red and white tantra.

"Red tantra is just sexual, its just physical whereas white tantra is about making an emotional connection. A vehicle for reflection, white tantra is almost like making love to yourself," says Fiennes.

"What you achieve is the emergence of two souls via lovemaking, allowing you to get closer to your higher self.

"Sex is something that happens in the head. Only once the head is stimulated can you stimulate the organs."

The flow of tantric energy takes place at the body's Charkas, or energy points. There are two charkas linked to sexual and emotional energy, the second and the fourth chakra.

The second chakra is placed by our sexual organs and is where we store emotions. It is represented by a water element, depicting the flow of emotions like the flow of water. The fourth chakra is at the heart and represents love.

Once you open this chakra, you will be prepared to give others more in terms of emotion, and go further than just physical feelings.

Kundalini Yoga allows you to open up your charkas and allowing for a flow of pure pleasure.

According to Fiennes, the biggest hurdle for couples is being able to look at each other for more than three minutes.

"People break down in tears … some have been married for over 30 years yet have the impression they are staring into the eyes of a stranger," explains Fiennes.

"They have lost their intimacy, they still have sex but they have lost their connection."

Kundalini is about believing that love is just as spiritual as it is physical. People tend to clam up and close their hearts after coming out of a bad relationship and this affects how we behave throughout our lives.

"My best advice is for people to move on and enjoy and not be prisoners of their past. Forgive and forget and focus on the present. Kundalini helps you get to that openness, which is key to a happy relationship."

METRO WORLD NEWS

Finding the right pH balance on the inside

CELIA MILNE
for Metro Canada

SEXUAL HEALTH Your period isn't just a monthly nuisance. It can also throw off your vaginal pH balance and trigger longer-term problems.

"Many women who suffer from recurrent infections find that their period is often the event that sets them in motion," says Dr. Machelle Seibel, a leading expert in women's health and Professor of Obstetrics and Gynecology at the University of Massachusetts.

PHOTOS.COM

Tampons are a contributing factor is disrupting pH balance.

"During your period, it is best to use the lowest absorbency tampon possible, altering the absorbency as the period flow fluctuates.

"It is also a good idea to change the tampon at least every four to eight hours to keep the pH balanced."

In healthy women, vaginal pH is typically 3.5 to 4.5 which is acidic enough to create a hostile environment for unwanted bacteria.

But blood has a pH of 7.4, so during your period pH becomes elevated by menstrual fluids. Tampons contribute to the elevated pH as they retain the fluids that cause pH to increase.

If your vaginal pH is out of whack, you may experience odor, irritation or infection. Other things that can elevate pH are sex, douching and fancy soaps.

Seibel suggests avoiding feminine products containing deodorants and scented soaps.

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Stress takes its toll on sex

CELIA MILNE
for Metro Canada

No time for yourself? Hate your job? Can't pay your bills? Time to de-stress before it hurts your sex life.

"Stress plays a significant role in dampening libido," says Eli Bay, a relaxation expert in Toronto.

"If you are tired and you don't have the urge and you can't perform, it is very likely a stress thing," he adds.

Bay is a skill trainer who has been teaching people the tools to deal with stress for 32 years.

Stress can affect sexual health in both men and women.

"Stress is a fight or flight reaction. It is great in an emergency, but not when you are trying to heal, make love or be creative," he says.

When you are stressed, your body becomes focussed on defending itself — poised for battle.

"People are walking around with low level stress all the time. That's the new normal.

"It takes a toll. Your energy is sapped by having a constant low-level stress."

Along with common signs of stress such as poor sleep, anxiety, allergies, gastrointestinal problems, heartburn, indigestion, grinding teeth, depression, and asthma, Bay has seen people suffer from erectile dysfunction, loss of desire, and impotence.

It makes sense because when you are stressed, you feel tired and angry.

Your muscles are tense and your breathing is shallow, your blood pressure is up, your blood sugar may be up, and your body is getting ready for flight.

"Stress affects the flow of hormones in the body. It dampens the hormones that enhance the sexual act."

Exacerbating the problem for some people is the fact that medications for depression and anxiety can cause sexual dysfunction and impotence.

Crutches such as alcohol, smoking and drugs can make the problem worse.

Bay is a proponent of using relaxation techniques to quell the effects of low-level stress.

"It's not a pill, it's a skill. Cultivate it, develop it, practice it and when you are in need of it, call upon it.

"People who are stressed out before they plan to make love need to take time, relax, breathe, use slow, deep, full breathing. It can be very powerful. It brings you into the moment."

How stressed are you? Bay's website, elibay.com, provides a quiz to answer that question, and offers DVDs, training sessions and other tools to help you learn to relax.

PHOTOS.COM

Trying to balance household finances and over-loaded work schedules can affect stress levels.

"People are walking around with low level stress all the time. That's the new normal ... Stress affects the flow of hormones in the body. It dampens the hormones that enhance the sexual act."
Eli Bay,
Relaxation expert

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Food

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Personal Gourmet recipe of the month — ROSE REISMAN

Heart healthy recipes

Smoked Salmon Sushi Squares.

It seems salt is the new trans fat.

Experts are warning us that high intake of salt may lead to high blood pressure, heart attack or stroke. Although salt, is a mineral that is essential for our health, we consume this often hidden flavouring in excess.

Nearly 80 per cent of the salt in North American diets comes from processed and packaged food. Another 10 per cent of our salt intake is the salt that occurs naturally in foods. This means that you only control 10 per cent with the saltshaker.

In the spirit of "Heart Month" try some of my delicious lower sodium recipes.

Smoked Salmon Sushi Squares

PREP TIME: 15 MINUTES
COOK TIME: 12 MINUTES

My corporate clients vote this their favorite appetizer. It's the perfect solution for those who shy away from sushi because of concern about eating raw fish. Nori is available in good quality supermarkets and Asian food shops.

SERVES 16

INGREDIENTS:

- 2 cups sushi rice
- 2 cups water
- 1/4 cup rice wine vinegar
- 1 Tbsp granulated sugar
- 16 thin slices English cucumber (unpeeled)
- 4 oz smoked salmon
- 1 Tbsp light mayonnaise
- 1/2 tsp wasabi (Japanese horseradish)
- 1 sheet nori (dried seaweed)
- 1 tsp sesame seeds, toasted
- Low-sodium soy sauce, wasabi and pickled ginger (optional)

METHOD:

1. Combine the rice and water in a saucepan. Bring to a boil and boil for one minute. Reduce the heat to low, cover and cook for 12 minutes. Remove from the heat and let stand, covered, for 10 minutes.
2. While the rice cooks, combine the vinegar and sugar in a small saucepan. Bring to a boil, stirring to dissolve the sugar. Remove from the heat.
3. Turn the rice out into a large bowl. Stir in the vinegar and sugar mixture. Cool just until the rice no longer feels hot. Don't let the rice get cold or it will dry out.
4. Line an 8-inch square baking dish with plastic wrap. Cover the bottom with the cucumber slices. Lay the smoked salmon over top. Mix the mayonnaise and wasabi together and spread over the salmon.
5. Place half of the rice over the mayonnaise. Pat it firmly to an even thickness, dipping your fingers in water to prevent the rice from sticking to your hands. Top with the nori. Add the remaining rice, patting it firmly to an even thickness.
6. Invert onto a serving platter and cut into 16 pieces. Sprinkle with the sesame seeds. Serve immediately, or cover with plastic wrap and refrigerate for up to eight hours. Serve at room temperature, garnished with soy sauce, wasabi and pickled ginger, if desired.

About Rose

Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca

Make Ahead

- Prepare early in the day, cover and refrigerate. If you just want to cook and season the rice earlier in the day, cool before placing in a large plastic bag so it doesn't dry out.

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Lakshmi has a baby

A Padma Lakshmi is now the happy mother of a daughter. "Model, author and Emmy-nominated host of Top Chef Padma Lakshmi gave birth to a baby girl named Krishna Thea Lakshmi on Saturday," her rep said. METRO NEWS SERVICES

Entertainment

Off the market?

The Daily Mail speculates that Daniel Craig has married his girlfriend of six years, Satsuki Mitchell. Craig was spotted with a gold band on his ring finger. Mitchell was also wearing a ring. METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Conan weighs live tour

O'Brien

Former late-night TV host Conan O'Brien may be taking his act on the road and even overseas.

O'Brien's exit deal with NBC barred the former Tonight host from TV appearances for several months. He is weighing a tour that would take him directly to his fans, according to a person familiar with the proposal. The person, who was not authorized to publicly discuss the plans, spoke on condition of anonymity.

Details are unsettled, the person said, but O'Brien may perform live in U.S. venues, including college campuses.

THE ASSOCIATED PRESS

Olympics play it safe

I Believe not representative of diverse Canadian music scene

TheAudioFiles

Bryan Borzykowski

metronews.ca/music

Three days before the Olympics began I had already lost count of how many times I heard I Believe.

The song, sung by 16-year-old Montreal phenom Nikki Yanofsky, must have been on three or four times a night, so you can understand, after 11 days of speed skating, hockey and skiing, just how deeply lodged that track (and its equally epic variations) is in my head.

We can debate whether or not the song is any good, but by now that's irrelevant — would anyone be that upset if a day went by without hearing the tune? I Believe was chosen by CTV to inspire patriotic feelings among us Canucks, but for many it's become a second anthem, one that's supposed to represent Canadian ideals and, perhaps, our taste in music.

We pride ourselves on being a multi-cultural society, and that extends to music too — we've embraced rockers, jazz bands, opera singers, aboriginal artists and country music — so choosing an over-the-top adult contemporary track as the defining Olympic song leaves out a lot of great, Canadian sounds.

If the network had to pick a single genre to focus on, though, it's not a surprise that they'd pick a song that sounds a lot like Celine Dion. One of the songwriters, Stephan Moccio, has written for the French-Canadian songstress (Glass Tiger's singer Alan Frew was the other writer), and the track's epic chorus and slick, mid-tempo verses follow a similar arch to Dion's huge 1996 hit Because You Loved Me.

It may be a popular number — the single topped the Canadian iTunes and Billboard Canadian Hot 100 charts, so clearly lots of people like it — but it wasn't necessarily the most representative piece of music, unless we think of ourselves as snoozy, inoffensive and middle-of-the-road.

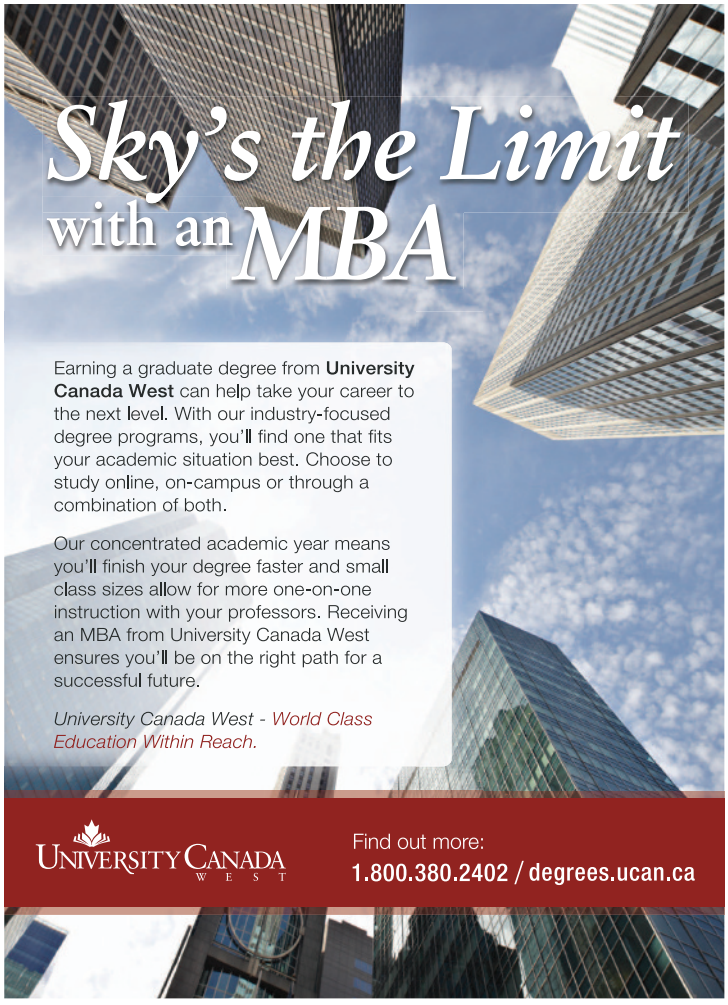
There's no right choice here — no song would satisfy everyone, and with so many genres to choose from, recording We Are The World-style ensemble with George Pettit, John K. Samson, Randy Bachman and Shania Twain could have been a disaster, but the songwriters at least could have tried to spruce the tune up with something other than a children's choir.

Having a mix of the country's more established and underground artists write their own Olympic songs would have been better, or at the very least, this one tune could have been recorded in myriad ways. (as folk tune done by East Coaster Joel Plaskett, a country song by Aboriginal singer Shane Yellowbird, a soft indie number by Jenn Grant.) In the end the song is so safe and devoid of any real Canadian culture that it not only pales in comparison to our other big hits, but we won't recall it a year from now. And that's too bad, because we've got a lot of great music worth remembering.

Nikki Yanofsky's I Believe was chosen to inspire patriotic feelings and has topped the Canadian iTunes and Billboard Hot 100 charts.

"Choosing an over-the-top adult contemporary track as the defining Olympic song leaves out a lot of great, Canadian sounds."

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic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Jolie spends time with dad

Angelina Jolie and her father Jon Voight have been famously estranged for years, but photographers caught Voight enjoying a sunny day in Venice, Italy, this weekend with his daughter, Brad Pitt and a few of the grandkids. RADARONLINE.COM

Roman Polanski, left, shares a moment with actor Ewan McGregor on the set of the director's latest film, The Ghost Writer.

The curious case of promoting Polanski

The Ghost Writer opens March 19

FILM To say the least, it can be difficult releasing a film when your star director is confined to his Swiss chalet awaiting possible extradition to the U.S. for a sex crime committed in the 1970s.

That's the unique situation for Roman Polanski's The Ghost Writer, which opens in Canada next month. What began as a typical production for Polanski was upended when he was arrested in Switzerland last September in connection with a 32-year-old rape case.

Suddenly, Polanski's past returned to the front pages. "It's sad for all concerned, but it's also heightened the movie," said Pierce Brosnan, who stars in it. "The movie's in the can, he's in the can."

The 76-year-old, Oscar-winning filmmaker fled the U.S. in 1978 after pleading guilty to unlawful sexual intercourse with a minor. He is currently under house arrest at his Gstaad chalet, where he's awaiting a Swiss decision on whether to extradite him to the U.S.

The arrest interrupted Polanski as he was finishing post-production on The Ghost Writer. Though he had wrapped principal photography in February and completed a rough cut in August, he had to finish editing the film while in prison before being granted house arrest.

Relaying materials through his lawyers, Polanski edited some of the movie alongside fellow prisoners peeling onions.

Executives for Summit Entertainment, which is releasing the film in the U.S., are staying mum — as are publicists and agents associated with the movie.

The theatrical trailer for The Ghost Writer hardly mentions Polanski's name, something that might normally be expected for the auteur director of Chinatown and Rosemary's Baby.

The strategy is clear: emphasize the movie and downplay Polanski.

THE ASSOCIATED PRESS

Past haunts Idol hopeful

Contestant's failed musical causes controversy

The success of an American Idol contestant is causing a stir among parents who are complaining they never got refunds for performance fees in a failed musical production Todrick Hall wrote and directed.

Todrick Hall is scheduled to perform Wednesday on Idol with the top 12 male semifinalists.

Hall, who last Tuesday made it into the top 24 on American Idol, wrote Oz, The Musical, which he billed on its Facebook page as "a contemporary twist on the classic story, with all new music."

He had been putting on small productions of the show since he was 17, using local, nonprofessional actors for the lead roles and casting local children as munchkins and flying monkeys.

"They were fabulous, just wonderful productions, and the kids just really loved them," said Dallas businessman Greg Money, who had three daughters in the shows.

Then in August 2008, Money agreed to finance a production of Oz in Lubbock, Tex., that used a professional cast for the lead roles. That led to a small tour of Texas cities in early 2009 Money says was a "financial disaster."

Reached by phone Friday, Hall said American Idol rules do not allow him to participate in any media interviews, however, he did generally confirm Money's account of events. Hall is scheduled to perform Wednesday on Idol with the top 12 male semifinalists.

Plans moved ahead to take the show on a national tour and Money said he tried to line up new backers. Several commitments fell through, however, and the show ended abruptly.

Meanwhile, in several cities, auditions had already been held and children were looking forward to performing on stage in a real musical. Many parents had paid a $50 performance fee that was never returned.

In Lakeland, Fla., Jennifer Davis, who owns the Art in Motion Academy of Dance, said she was not even informed the show had been cancelled. She found out when she opened the studio for a planned rehearsal and no one from Oz showed up.

"I don't believe (Hall) came to my studio knowing that the musical was going to go down and they would steal everyone's money, but it happened," she said. "He could have at least called — explained what was going on."

Money said he was responsible for the finances of the production, not Hall. He said Hall tried to make amends to the disappointed children by putting together a smaller, less expensive show, but even that lost money. THE ASSOCIATED PRESS

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DVD picks

The Damned United

Directors: Tom Hooper

MOST SPORTS MOVIES follow the all-too-predictable pattern of tracking an unlucky club as it struggles to find its heart and win a championship.

The Damned United, written by Peter Morgan with the same keen insights he brought to Michael Sheen's previous triumphs, The Queen and Frost/Nixon, goes the other way.

It's all the better for it.

Sheen is Brian Clough, who was briefly the coach of the Leeds United soccer team, in an incident from the 1970s that is almost Shakespearian in its hubris.

Just 44 days after he took the helm, the Leeds board removed Clough. He'd managed to alienate management, players and fans in record time with his outrageous insults, bullying, boasting and vendettas, which became the stuff of worldwide headlines.

Director Tom Hooper wastes little time on the pitch, making judicious use of archival footage and some recreated action in a film otherwise rich with period detail and colour.

Sheen's performance is controlled fury, barely touching ground as he presents Clough as being the very picture of a delusional fool.

Extras includes a commentary by Hooper, Sheen and producer Andy Harries, deleted scenes (with optional director's commentary), and several featurettes.

The Informant!

Directors: Steven Soderbergh

ASTUTE FOLLOWERS of Steven Soderbergh's contrarian ways learn to be wary of the director's zanier instincts.

So word that his new film The Informant! is a whistleblower drama that plays like cracked satire should be cause for at least one raised eyebrow.

Here's the good news: his instincts are spot on this time. In adapting reporter Kurt Eichenwald's non-fiction account of Mark E. Whitacre, the corporate corn husker turned federal snitch, Soderbergh has given this incredible story exactly the amount of insanity it deserves.

Matt Damon added 30 pounds, bad hair and an Alfred E. Neuman smile to play Whitacre, and he got it exactly right, too.

Whitacre led corporate weasels and credulous FBI agents on a merry chase that turned out a lot differently than anyone had expected going in.

What Soderbergh and screenwriter Scott Z. Burns are really interested in is not the "why" of Whitacre's actions but rather the "what" of them.

Here's an Ivy League-educated guy earning more than $350,000 per year who seems to fancy himself to be either James Bond or the hero of a Michael Crichton novel.

Extras include a commentary with Soderbergh and Burns (Blu-ray only) and deleted scenes.

Peter Howell/for Metro Canada

Condie to stroke the keys for charity

Officials with a California non-profit group say former Secretary of State Condoleezza Rice has agreed to play the piano at a benefit concert to raise funds for a local school. THE ASSOCIATED PRESS

GETTY IMAGES FILE PHOTO

Harry Connick Jr.

Connick Jr. lifts spirits in D.C.

WHITE HOUSE Harry Connick Jr. told students Sunday that music can get people through the darkest times — even a disaster like Hurricane Katrina, which devastated his hometown, New Orleans, in 2005.

The Grammy-winning composer and singer was welcomed to the White House by first lady Michelle Obama, who invited him to perform for members of a Washington elementary school glee club. Connick invited one of the children to join him and his band onstage and help sing When the Saints Go Marching In.

Mrs. Obama told the children that just as singing in their club makes them happy, music can help lift the spirits of a city like New Orleans.

"These guys aren't just playing music and earning money and performing, but they're also community leaders, too," Mrs. Obama said. "Even if you can sing and dance, the question is: What do you give back?" THE ASSOCIATED PRESS

Abbey Road plan shelved

Cash-strapped music company EMI Group Ltd. has shelved plans to sell Abbey Road and is now looking for an investor to help save the London recording studio made famous by The Beatles.

News last week that EMI had been speaking to potential buyers sparked dismay among music fans. Former Beatle Paul McCartney said he hoped Abbey Road could be preserved, and the National Trust heritage group said it was considering buying the building.

But EMI now says it wants to keep the facility and is talking to "interested and appropriate third parties" about a revitalization project.

Abbey Road is one of the world's most famous music studios, used by artists including Pink Floyd, Jeff Beck and Radiohead.

EMI said Sunday it had rejected a 30 million pound ($50 million US) offer for Abbey Road last year. It said Abbey Road had been losing money "for a number of years ... and we have developed plans to revitalize the studios. These plans would involve a substantial injection of new capital."

EMI — whose artists include Coldplay, Lily Allen and Robbie Williams — has struggled financially since it was bought in 2007 for 2.4 billion pounds by private equity firm Terra Firma Capital Partners.

An audited report released earlier this month revealed that Terra Firma needs a huge cash infusion by June to avoid defaulting on its loans from Citigroup Inc. and may require more than $165 million to last through this year. The studio is most closely associated with The Beatles.

THE ASSOCIATED PRESS

Richard Gere marks 'just another year'

FILM STAR Richard Gere may one of the screen's most enduring sex symbols, working in an industry that worships the cult of youth, but he's not bothered about aging. In fact, he approached turning 60 in August as marking "just another year."

Richard Gere

"It meant nothing, if you want me to be honest with you," said Gere from New York, a shrug in his voice, while promoting his latest movie, Brooklyn's Finest.

When pressed, he admits turning 50 was a jolt, "only because of the roundness of the number; the inability to be able to think you're 22."

"You do start to forget things a bit," he says, "and you don't recover with injuries as quickly."

Silver-haired Gere hasn't succumbed to vanity: still handsome, his features have changed and he looks his age onscreen as he plays Eddie Dugan, a recently divorced, burned-out career cop working his last week on the beat in Brooklyn's most dangerous neighbourhood.

Eddie's story is one of three separate police tales that eventually knit together in Brooklyn's Finest — Don Cheadle is an undercover drug squad cop desperate to get out and Ethan Hawke has to deal with temptation and rising panic as his lousy pay cheque can't stretch.

TORSTAR NEWS SERVICE

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Drumming up allegations

Police were called to a California restaurant Sunday morning after paparazzi accused Blink-182 drummer Travis Barker of making threats and slashing tires. A video posted on TMZ shows Barker in a profanity-laced screaming match with photographers waiting in a car. **POPEATER.CA**

No Hiccups in casting

Corner Gas alumni team up again for new series

IAN JOHNSTON
for Metro Canada

Corner Gas alum Nancy Robertson admits she was a little hesitant when husband/co-star Brent Butt offered her the lead in his new series Hiccups.

"I was just worried people might get the impression that I only work with Brent. Which isn't true," says Robertson, who plays a volatile children book writer in the CTV comedy.

"But the part was so great. She's so free. So open. It's real fun to play."

Created by Butt, Hiccups focuses on Millie Upton, the writer of Grumpaloos, a hugely successful series of children's books.

Millie's problem is she tends to speak her mind. And when she gets ticked off, she gets really ticked off. So much so, her agent and publisher convince her to go into therapy to curb her outbursts.

The Gemini-winning Robertson, who married Butt in 2005 while making Corner Gas, is hesitant to call Millie "angry", though the character does tend to meltdown in coffee shops and book stores.

Nancy Robertson stars in the new CTV comedy Hiccups.

"I wouldn't say she has anger issues. More like emotional issues. She's extreme. When she's happy, she's really happy. But she's totally content with who she is. She's just an author who doesn't know how to work with people."

So, in the series premiere, Millie seeks the help of a down-and-out "life coach" Stan — played by Butt. Their odd couple teaming forms the center of Hiccups. "She personally doesn't think she needs a life coach. It's more for the other people in her life. They can't handle being around her."

Hiccups premieres the night of Monday, March 1, on CTV.

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Usual suspects get nods for WGC

WRITING Less Than Kind, Corner Gas and Flashpoint are among the finalists for the 2010 Writers Guild of Canada Screenwriting Awards.

Four instalments of the Winnipeg-shot sitcom Less Than Kind made the cut in the episodic half-hour category. Corner Gas was the other nominee.

Brent Butt and Corner Gas have been repeat winners in the past.

The finalists were chosen from 148 scripts.

The winners will be announced April 19 in Toronto.

THE CANADIAN PRESS

Kenya'sStyle

Read the blog at metronews.ca/kenyasstyle

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VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 2/23/10	251	308	3 CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes	Kids in-Hall	Comedy Fest	CBC News: The National (N)		City-lan
	254	-	8 OMNI	XXI Winter Olympics Figure Skating, Skiing. (Live)				Small Places, Small Homes		Two/Half Men	Two/Half Men	The Simpsons
	250	321	9 CTV	(3:00) XXI Winter Olympics Hockey, Figure Skating, Medal Ceremonies. Hockey; Figure Skating; Medal Ceremonies. (Live) (CC)								
	-	-	10 JOY	Frasier (CC)	The Insider	Islam 101 (CC)		Enigma (CC)		P3	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Code of Conduct"		NCIS: Los Angeles "Ambush"		The Good Wife "Threesome"		News
	256	389	12 VI	Lost "Lighthouse" (N) (CC)		American Idol The top 12 female semifinalists perform. (CC)				Past Life "Saint Sarah" (N)		A News (N)
	253	359	13 CITY	The Office	The Office	How I Met	Accidentally	Scrubs (CC)	Better Off Ted	Dark Blue "Ice" (CC)		EP Daily
	-	-	14 CW	The Office	The Office	90210 "And Away They Go!"		Melrose Place "June" (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Code of Conduct"		NCIS: Los Angeles "Ambush"		The Good Wife "Threesome"		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Olympic Zone	XXI Winter Olympics Figure Skating, Bobsled, Freestyle Skiing. (Same-day Tape) (CC)						
	602	568	19 W	Supernanny "Cantoni Family"		Shopping	Grocery Bag	Beauty Call	Style by Jury	How to Look Good Naked		Beauty Call
	288	380	24 ABC	Wheel Fortune	Jeopardy! (N)	Lost Locke seeks help. (CC)		Lost "Lighthouse" (N) (CC)		the forgotten "Train Jane" (N)		KOMO 4 News
	-	-	28 KVOS	M*A*S*H	Seinfeld	WarGames ★★★ (1983, Suspense) Matthew Broderick.				Seinfeld	King	Cheers (CC)
	291	383	27 PBS	Life (Part 2)	Steves Europe	Nova (CC) (DVS)		Frontline (N) (CC) (DVS)		Independent Lens "Behind the Rainbow" (N)		
	290	382	23 FOX	Two/Half Men	Two/Half Men	American Idol The top 12 female semifinalists perform. (CC)				Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	Frontline (N) (CC) (DVS)		Foot in Grave	After You	Tavis Smiley	Charlie Rose (N) (CC)		Nova (CC) (DVS)	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Paid Program	Street Court	Cold Files
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 "And Away They Go!"		Melrose Place "June" (CC)		KTLA 5 News at 10 (N) (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury Paternity-test results.	
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	45 STR	CTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	26 NW	CBC News: the fifth estate		CBC News: The National (N)		CBC News: The National (N)		CBC News: the fifth estate		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	(3:00) XXI Winter Olympics Curling, Figure Skating. (Live)								Sportsnet
	400	400	30 TSN	(3:00) XXI Winter Olympics Curling, Bobsledding, Hockey, Speed Skating. (Live)								Olympics
	411	457	49 OLN	Ghost Hunters International		Destination Truth (CC)		Oper. Repo	Oper. Repo	Ghost Hunters (CC)		Ghost Hunters
	410	403	54 SCR	(5:00) Court Surfing		Score Now		Score Now		Score Now		Final Score
	417	406	55 SC	Dangerous Drives		Pass Time	NASCAR Hub	Monster Jam		Super Bikes!	Super Bikes!	Danger-Drives
	416	409	144 GLF	Fútbol Uruguayo		MLS Weekly	Gol TV News	Toronto-Today	MLS Weekly	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	Fries That?	Prank Patrol	The Next Star Katie Voegele.		Fries That?	Prank Patrol	Family Biz	To Be Indie	Prank Patrol
	555	545	50 TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN (CC)	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	53 TRE	Little Bear	Toopy	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Frontiers of Construction		Russia: Journey		Rebellion: The Litvinenko Case Alexander Litvinenko. (CC)				Black Coffee
	575	583	20 CMT	Home Imp.	Home Imp.	Shaye: This Is It		Amer. Funniest Home Videos		Reba (CC)	Reba (CC)	According-Jim
	570	580	42 MM	MOD Live at the Base (CC)		Vancouver 2010 Concert		America's Best Dance Crew			Video on Trial	Video on Trial
	600	564	29 H&G	House	House	Holmes on Homes (CC)		Million Dollar Listing (CC)		Bang, Buck	Genevieve	House
	615	520	31 A&E	Criminal Minds (CC)		Criminal Minds "About Face"		(:01) Criminal Minds (CC)		(:01) Criminal Minds (CC)		Criminal
	628	584	32 SPKE	Blue Mountain	Blue Mountain	UFC Unleashed (CC)		UFC Unleashed (CC)		Blue Mountain	Blue Mountain	Mysteries
	521	560	34 TLC	Little Couple	Little Couple	Little Couple	Little Couple	19 Kids-Count	19 Kids-Count	Little Couple	Little Couple	Little Couple
	616	522	40 SHO	Relic Hunter (CC)		XIII (2009) (Part 2 of 2) Val Kilmer, Stephen Dorff. (CC)				Drop Dead Diva "Crazy"		NCIS (CC)
	620	523	40 BVO	At the Concert Hall (N) (CC)		Law & Order "Savior" (CC)		Without a Trace "Confidence"		At the Concert Hall (CC)		Quest-Excel
	601	562	41 SLC	Wedding SOS	Wedding SOS	ET Canada	What	Real Housewives of New York		Real Housewives, Orange		Runway
	520	505	42 DIS	Swamp Loggers (N)		Daily Planet (CC)		Destroyed	Destroyed	Swamp Loggers		How It's Made
	522	506	44 HIS	Ancient Discoveries (CC)		Cities of the Underworld		Pawn Stars	Pawn Stars	Ancients Behaving Badly		Crime Stories
	627	528	45 SPC	Fringe "Momentum Deferred"		InnerSpace	Stargate SG-1 (CC)		Star Trek: Next Gener.		Star Trek: Voyager (CC)	
	294	650	47 TBS	The Office	The Office	Lopez Tonight		Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	Parking Wars	Parking Wars	Rescue Ink "Biting Back"		Dog Whisperer Chip. (CC)		End of Leash	Last 10	Tube Tales
	603	561	52 FN	Good Eats	Good Eats	Restaurant Makeover (CC)		Diner, Drive-In	Unwrapped	Hell's Kitchen (CC)		Good Eats
	-	-	53 AMC	(5:00) Forrest Gump ★★★		Forrest Gump ★★★ (1994, Drama) Tom Hanks, Robin Wright, Gary Sinise.						Space Cb
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Flt.-Conchords	Awesome	Daily Show
	320	621	60 CEN	(6:30) Web of Lies (2009) (CC)		The Bourne Ultimatum ★★★ (2007) Matt Damon. (CC)				(9:55) The Love Guru ★ (2008) Mike Myers.		
	581	566	161 MTV	16 and Pregnant "Nikkole" (N)		MTV Live	Sex News	Taking, Stage	Made (CC)	16 and Pregnant "Nikkole"		MTV Live
	261	394	102 V	Unscripted (N)	CrazyLove	Poltergeist: The Legacy		The Cotton Club ★★★ (1984, Musical) Richard Gere, Gregory Hines. (CC)				
	-	-	185 MUL	My Queen	Immortal	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

Style by Jury

Elizabeth, a widowed motorcycle mama, has been in a relationship for four years, but she and her boyfriend are lacking that special spark. It doesn't take host Bruce Turner, wardrobe consultant David Clemmer and the rest of the team long to figure out why: She has lost touch with her feminine side, favoring men's clothes and eschewing anything girly. The team shows her how to present a more feminine image in the new episode "No Spark No Flame." 9:30 PM on W

The Good Wife

Alicia (Julianna Margulies) becomes entangled in office politics when she is asked to represent the senior partner in the firm on a DUI charge. After Peter's (Chris Noth) evidentiary hearing goes bust, Alicia wonders if he really could be guilty of corruption in "Threesome." Christine Baranski, Josh Charles, Matt Czuchry and Archie Panjabi also star. 10 PM on CBS

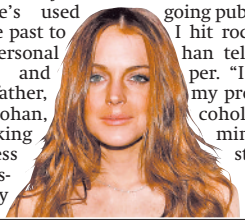
Phillippe single again

It's over between actress Abbie Cornish and boyfriend Ryan Phillippe, her spokesperson confirms to people.com. "Abbie ended the relationship with Ryan and she moved out of their home," she said. METRO NEWS SERVICES

Celebrity Buzz

Lohan admits to hard drug use

IN OTHER NEWS, THE SKY IS STILL BLUE Lindsay Lohan admits she's used drugs in the past to deal with personal problems, and when her father, Michael Lohan, started talking to the press about her issues, it only made matters worse.



"When my father was going public, that's when I hit rock bottom," Lohan tells the newspaper. "I tried to mask my problems with alcohol, cocaine and mind-altering substances."

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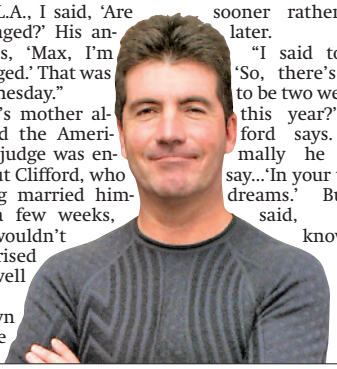
Cowell: Engaged or not?

AN OVERLY CRITICAL HUSBAND — SOUNDS LIKE A GREAT CATCH Simon Cowell's rep, Max Clifford, tells People magazine he cannot confirm reports that the American Idol judge is engaged to makeup artist Mezhgan Hussainy. But don't be surprised if Cowell pops the question before too long.

"I see it being repeated everywhere," Clifford says. "But when I asked him last Wednesday, when he and Mezhgan were about to fly back to L.A., I said, 'Are you engaged?' His answer was, 'Max, I'm not engaged.' That was last Wednesday."



Cowell's mother also denied the American Idol judge was engaged. But Clifford, who is getting married himself in a few weeks, says he wouldn't be surprised if Cowell followed him down the aisle sooner rather than later.

"I said to him, 'So, there's going to be two weddings this year?'" Clifford says. "Normally he would say...'In your wildest dreams.' But he said, 'Who knows?'"

METRO NEWS SERVICES

Follow these celebrities on Twitter...

CelebTweets

TAYLOR SWIFT is being productive with her jet lag, **WILLIAM SHATNER** is focused on his goals, and **SAMANTHA RONSON** is getting professional help.

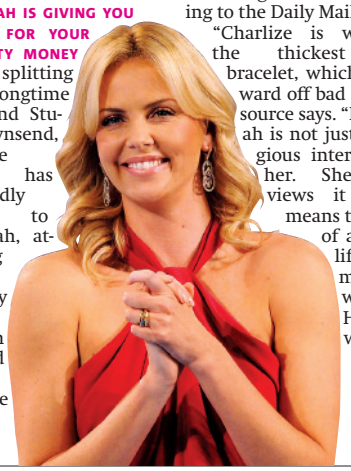
@WilliamShatner Riding again tomorrow morning. Have to stay in top shape to win the Pacific Coast Year End Horse of the Year again this year.

@samantharonson headed to therapy- 1st thing on the agenda- why the hell am i sitting here with tears in my eyes watching american idol?

@taylorswift13 I've been waking up at 5am every morning since we got back from Japan. Early morning activity today: uploading pics for a new photo blog.

Charlize Theron embracing Kabbalah after bad break up

WATCH OUT SCIENTOLOGY — KABBALAH IS GIVING YOU A RUN FOR YOUR CELEBRITY MONEY After splitting with longtime boyfriend Stuart Townsend, Charlize Theron has reportedly turned to Kabbalah, attending classes to study the faith in L.A. and sporting the trademark red string bracelet, according to the Daily Mail.



"Charlize is wearing the thickest red bracelet, which helps ward off bad will," a source says. "Kabbalah is not just a religious interest for her. She also views it as a means to more of a social life and mixing with Hollywood."

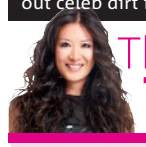
METRO WORLD NEWS

Tiger back in rehab clinic

AW SHUCKS, LET'S FORGET EVERYTHING AND LOVE TIGER AGAIN... After his public apology last week for his marital indiscretions, Tiger Woods is back in rehab, having traveled to a facility in Arizona over the weekend with wife Elin Nordegren, according to Radar Online. But Nordegren may not be by his side the entire time. "Elin may not stay the entire week with him," a source tells the Web site. "She taking the marriage one day at a time."

METRO WORLD NEWS

etalk's Lainey Lui dishes out celeb dirt in three's



Three Talk

with Lainey Lui

AMY WINEHOUSE. One of the most exciting talents to emerge from the UK in years, Amy Winehouse's musical genius is often overshadowed by her personal drama. Now divorced and reportedly clean after having spent the better part of a year in St Lucia, Winehouse is back in London working on new material which, hopefully, will give us something new to talk about. Here are three things you might not know about Amy Winehouse:

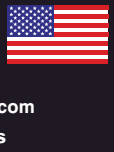
ONE She learned to play drums for her highly anticipated third album due for release this year.

TWO Winehouse's personal fortune dropped from £10 million to £5 million between 2008 and 2009 as her parents managed her money while she battled addiction.

THREE Winehouse's new addictions are apparently plastic surgery and exercise. Her father told the British papers that she loves her breast enlargement, is considering having some work done on her ass, and exercises several hours a day.

Lainey Lui is a reporter for etalk and runs the popular gossip site, LaineyGossip.com. As part of CTV's Olympic Broadcast Team, Lainey is on the ground in Whistler reporting on entertainment news from the Vancouver 2010 Olympic Winter Games.

AND THE WINNER IS...



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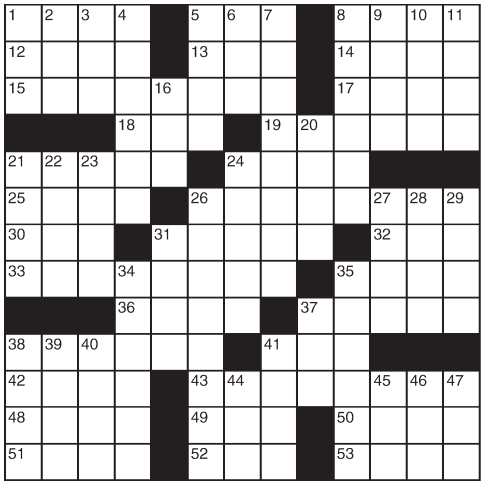
For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



ACROSS

1 There's a lot of this ...
5 ... in this
8 — gin fizz
12 Sandwich cookie
13 Crony
14 Full house, e.g.
15 Wrenches
17 Memorization method
18 Got a look at
19 Prayer
21 Parsley piece
24 Algerian port
25 Baseball's Hershiser
26 Controversial punishment
30 Newhart or Hope
31 "Million Dollar Baby" star
32 Life story, for short
33 Droopy-eared dogs
35 Heart of the matter
36 Historic times
37 Sound portion
38 Cup holder
41 Possess
42 A deadly sin
43 All aglitter
48 Neighborhood
49 Annoy
50 Loathe
51 Catherine who wed Henry VIII
52 Ph. bk. info
53 Elliptical

DOWN

1 "Mayday!"
2 Dadaist Jean
3 Meadow
4 Adenoid neighbor
5 Jet forth
6 Corn spike
7 Losers
8 Get smaller
9 Asian nation
10 Aware of
11 First place?
16 Run-down horse
20 File crosser
21 Weeps loudly
22 Item on stage
23 Singer McEntire
24 October birthstones
26 Administers an oath of office to
27 Footnote abbr.
28 Unless (Lat.)
29 Head for
31 Paddock pop
34 Beverage of the gods
35 Overly enthusiastic
37 Plant bristle
38 High-five, e.g.
39 Emanation
40 Addict
41 Erstwhile acorns
44 In favor of
45 Restroom, for short
46 Greek vowel
47 Benicio — Toro

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

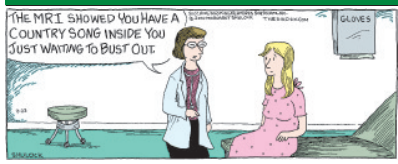
		9					8	7
	6	5		3	8			
2			1					
4		1	2		6			
	9						5	
			9		7	1		8
					5			4
			6	4		9	2	
6	4					3		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

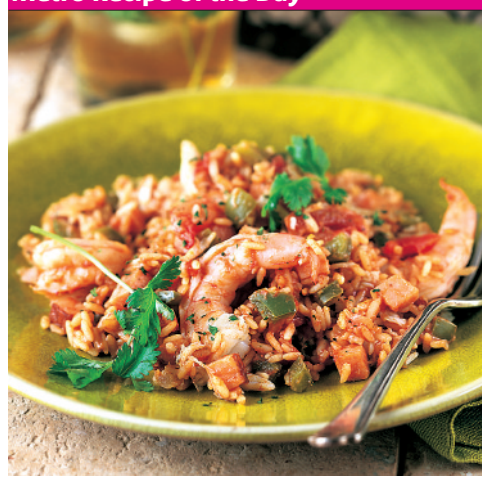
2	5	6	3	8	1	9	7	4
7	8	4	9	5	2	6	1	3
9	1	3	7	6	4	8	5	2
3	2	8	1	7	9	4	6	5
5	6	1	2	4	8	7	3	9
4	7	9	6	3	5	2	8	1
1	4	5	8	9	6	3	2	7
6	3	2	4	1	7	5	9	8
8	9	7	5	2	3	1	4	6

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Jamaican Shrimp and Crab Jambalaya

INGREDIENTS:

1 tbsp canola oil
2 tbsp all-purpose flour
2 medium onions, chopped
1 large green pepper, chopped
1 celery rib, chopped
3 oz bacon, diced
796 ml can chopped tomatoes in purée
284 ml can chicken broth
1 1/2 cups long-grain white rice
2 tsp Old Bay seasoning
450 g large shrimp, peeled and deveined
225 g lump crabmeat, picked through
2 tbsp chopped fresh cilantro

MEHTOD:

1. Lightly coat large skillet with nonstick cooking spray; set over medium heat. Add oil and flour and stir constantly until roux turns deep brown, 5 minutes. Add onions, green pepper, celery and bacon; sauté until vegetables are soft, 5 minutes.
2. Stir in tomatoes, broth, rice and Old Bay seasoning; bring to boil over high heat. Reduce heat to medium-low, cover, and simmer until rice is almost tender, 20 minutes. Fold in shrimp and cook until shrimp are pink and firm, 5 minutes.
3. Fold in crab; cover and cook 1 minute. Remove from heat and let stand 3 minutes. Sprinkle with cilantro.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Give people you meet and mix with today all the praise they can handle. They may not deserve a word of it though.

TAURUS ♉
APRIL 21-MAY 21
If you don't feel quite right in the company of certain people today you must not be afraid to turn your back and walk away.

GEMINI ♊
MAY 22-JUNE 21
Today's Sun-Pluto link cuts across the career and financial angles of your chart, so chances are you will enjoy some sort of windfall.

CANCER ♋
JUNE 22-JULY 22
Age and experience may be good things to have but energy and enthusiasm are more important in what you put into your doings over the next 24 hours.

LEO ♌
JULY 23-AUG 23
If you need to attempt something difficult or detailed, now is the ideal time to give it a go. Pluto in the work area of your chart is energized by the Sun.

VIRGO ♍
AUG 24-SEPT 22
If someone suggests that you might like to lower your sights a little today you should suggest right back at them that they might like to raise their own.

LIBRA ♎
SEPT 23-OCT 23
Only you know how hard you have worked to reach a certain level, so only you can decide whether or not it is worth carrying on.

SCORPIO ♏
OCT 24-NOV 22
Something of a creative or artistic nature has the potential to make you a star, and rich with it, but it won't just happen as if by magic.

SAGITTARIUS ♐
NOV 23-DEC 21
Family and financial matters are under excellent stars today and if you follow your instincts you won't go far wrong.

CAPRICORN ♑
DEC 22-JAN 20
You are on such dazzling form at the moment that you will get what you desire one way or another.

AQUARIUS ♒
JAN 21-FEB 18
Put yourself out for other people today, no matter how much it might cost in time, energy or money.

PISCES ♓
FEB 19-MARCH 20
Everything evens itself out in the end, so if you feel you have gained something you don't deserve it can only be because you did something good.

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